





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Sausage Egg Cheese Donut Assorted Cereals or Cereal Bar with Graham Crackers	2 Fruit Loop Waffle Assorted Cereals or Cereal Bar with Graham Crackers	3 French Toast Sticks Assorted Cereals or Cereal Bar with Graham Crackers	4 Breakfast Bowl Assorted Cereals or Cereal Bar with Graham Crackers	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate,
7 Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers	8 Ham Egg Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	9 Blueberry Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	10 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	11 Sausage Burrito Assorted Cereals or Cereal Bar with Graham Crackers	
14 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Bacon Egg Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers	16 Early Dismissal Mini Cinni Waffles Assorted Cereals or Cereal Bar with Graham Crackers	17 No School	18 No School	
21 No School 	22 Confetti Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	23 Egg & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	24 French Toast Sticks Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Bowl Assorted Cereals or Cereal Bar with Graham Crackers	
28 Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers	29 Sausage Egg Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	30 Waffle Sticks Assorted Cereals or Cereal Bar with Graham Crackers			
Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com			Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.00		 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES