



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<b>1</b> Egg Cheese Bacon Burrito  Assorted Cereals or Cereal Bar with Graham Crackers	<b>2</b> Sausage Egg Cheese Biscuit  Assorted Cereals or Cereal Bar with Graham Crackers	<b>3</b> Pizza Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	<b>4</b> Apple Pie Smoothie Bowl  Assorted Cereals or Cereal Bar with Graham Crackers	<b>What is a Meal?</b> You 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.  <b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free white, chocolate,
<b>7</b> Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	<b>8</b> Ham Egg Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	<b>9</b> Breakfast Bowl  Assorted Cereals or Cereal Bar with Graham Crackers	<b>10</b> Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	<b>11</b> Peaches & Cream Smoothie Bowl  Assorted Cereals or Cereal Bar with Graham Crackers	
<b>14</b> French Toast Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	<b>15</b> Sausage Egg Cheese Burrito  Assorted Cereals or Cereal Bar with Graham Crackers	<b>16</b> <b>Early Dismissal</b> Pancakes w/ Sausage  Assorted Cereals or Cereal Bar with Graham Crackers	<b>17</b> School Closed	<b>18</b> School Closed	
<b>21</b> School Closed  	<b>22</b> Waffle Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	<b>23</b> Breakfast Bowl  Assorted Cereals or Cereal Bar with Graham Crackers	<b>24</b> Pizza Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	<b>25</b> Strawberries & Cream Smoothie Bowl  Assorted Cereals or Cereal Bar with Graham Crackers	
<b>28</b> Mini Blueberry Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	<b>29</b> Bacon Egg Cheese Burrito  Assorted Cereals or Cereal Bar with Graham Crackers	<b>30</b> Egg Cheese Sausage Donut  Assorted Cereals or Cereal Bar with Graham Crackers			
<b>Your Team</b> Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 <a href="mailto:ma1124@metzcorp.com">ma1124@metzcorp.com</a>			<b>Meal Prices</b> Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$3.50		 <b>Metz</b> CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

