

Monday	Tuesday	Wednesday	Thursday	Friday	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 or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate, fat-free strawberry					
1	2	3	4	5						
No School	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	French Toast w/ Syrup Assorted Cereals or Cereal Bar with Graham Crackers	Knight Griddle Assorted Cereals or Cereal Bar with Graham Crackers	Fruit Loop Waffles Assorted Cereals or Cereal Bar with Graham Crackers						
8	9	10	11	12						
Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Egg & Cheese on Croissant Assorted Cereals or Cereal Bar with Graham Crackers						
15	16	17	18	19						
Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Donut Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	Sausage Egg & Cheese on English muffin Assorted Cereals or Cereal Bar with Graham Crackers						
22	23	24	25	26						
Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza <u>Early Dismissal</u> Assorted Cereals or Cereal Bar with Graham Crackers			No School						
29	30	31								
No School	No School									
Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com										
Meal Prices <table><tr><td>Student Breakfast</td><td>\$0.00</td></tr><tr><td>Reduced Breakfast</td><td>\$0.00</td></tr><tr><td>Faculty Breakfast</td><td>\$2.94</td></tr></table>					Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.94
Student Breakfast	\$0.00									
Reduced Breakfast	\$0.00									
Faculty Breakfast	\$2.94									
										
										

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

