




Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3</p> <p>Breakfast Pizza with Egg, Bacon, and Cheese</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>4</p> <p>Sausage, Egg, and Cheese on a Biscuit</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>5</p> <p>Mini Chocolate Chip French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>6</p> <p>Waffle Sticks</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>7</p> <p>Bagel with Cream Cheese</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with graham crackers) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p>
<p>10</p> <p>Breakfast Pizza bagel with Egg, Cheese, and Turkey Sausage</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>11</p> <p>Egg and Cheese on a Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>12</p> <p>Eggo Fruit Loop Waffles</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>13</p> <p>French Toast Sticks</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>14</p> <p>Early Dismissal</p> <p>Cinni Minis</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>17</p> <p>No School Today</p> 	<p>18</p> <p>Ham, Egg, and Cheese on a Biscuit</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>19</p> <p>Birthday Cake Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>20</p> <p>Pancake Wrapped Sausage on a Stick</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>21</p> <p>Bagel with Cream Cheese</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>24</p> <p>Breakfast Pizza bagel with Egg, Cheese, and Turkey Sausage</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>25</p> <p>Egg and Cheese on a Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>26</p> <p>Mini Cinnamon Waffles</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>27</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>28</p> <p>Mini Bagel with Strawberry Cream Cheese</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com</p>			<p>Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.00</p>		