


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Sausage, Egg, Cheese Biscuit  Assorted Cereals or Cereal Bar with Graham Crackers	2 Pancakes w/ Sausage  Assorted Cereals or Cereal Bar with Graham Crackers	<b>What is a Meal?</b> 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.  <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,
5 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	6 Ham, Egg, Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	7 Peaches & Cream Smoothie  Assorted Cereals or Cereal Bar with Graham Crackers	8 Breakfast Bowl  Assorted Cereals or Cereal Bar with Graham Crackers	9 Pizza Bagel <b>Early Dismissal</b> Assorted Cereals or Cereal Bar with Graham Crackers	
12 French Toast Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	13 Sausage Burrito  Assorted Cereals or Cereal Bar with Graham Crackers	14 Bacon, Egg, Cheese Biscuit  Assorted Cereals or Cereal Bar with Graham Crackers	15 Strawberry Banana Smoothie  Assorted Cereals or Cereal Bar with Graham Crackers	16 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	
19 Blueberry Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	20 Sausage, Egg, Cheese Donut  Assorted Cereals or Cereal Bar with Graham Crackers	21 Cinnamon Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	22 Breakfast Bowl  Assorted Cereals or Cereal Bar with Graham Crackers	23 Pizza Bagel <b>Early Dismissal</b> Assorted Cereals or Cereal Bar with Graham Crackers	
26 <b>School Closed</b>  Assorted Cereals or Cereal Bar with Graham Crackers	27 Waffle Stick w/ Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	28 Bacon Burrito  Assorted Cereals or Cereal Bar with Graham Crackers	29 Chocolate Cover Banana Smoothie  Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Pizza  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.

