

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 white, fat-free chocolate, fat-free vanilla,
1	2	3	4	5	
	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Strawberries & Cream Overnight Oats Cup with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	
8 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	9 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	10 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	11 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	12 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
15 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	16 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	17 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	18 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	19 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
22 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	23 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	24 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	25 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	26 Breakfast Banana Split Early Dismissal Assorted Cereals or Cereal Bar with Graham Crackers	
29 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	1	2	3	
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 \$3.00			

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

