



**Meet Your Nutritious Friend:  
Radical Radish**

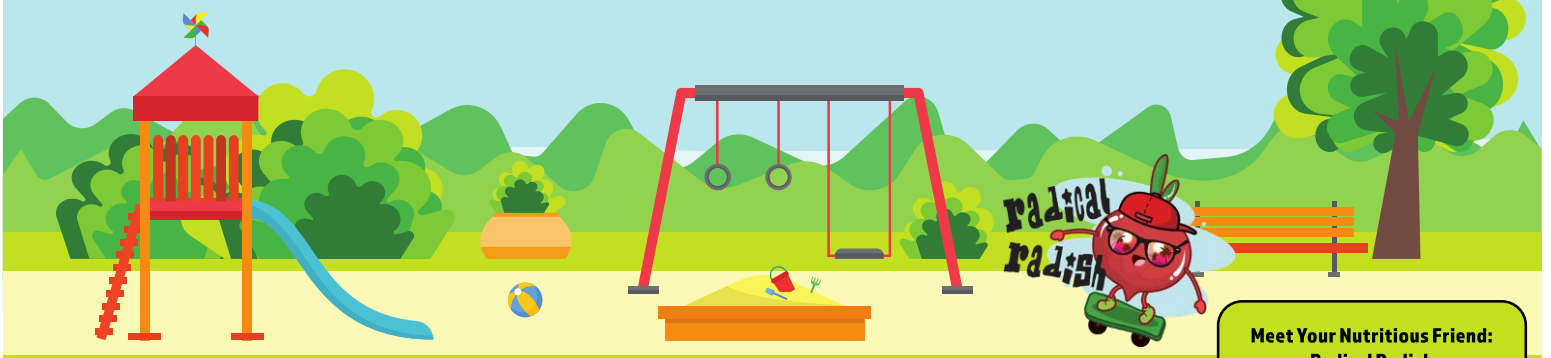
Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3 Strawberry Oatmeal Breakfast Bar  Fresh Fruit & 100% Fruit Juice	4 Whole Grain Banana Bread Loaf Served with Mixed Berry Animal Crackers  Fresh Fruit & 100% Fruit Juice	5 Whole Grain Chocolate Donut  Fresh Fruit & 100% Fruit Juice	6 Strawberry Pop Tart Served with Strawberry Gogurt  Fresh Fruit & 100% Fruit Juice	7 Mini Blueberry Waffles  Fresh Fruit & 100% Fruit Juice	<p><b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, &amp; chocolate,</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
10 Cinnamon Toast Crunch Mini French Toast  Fresh Fruit & 100% Fruit Juice	11 Whole Grain Strawberry Pancakes  Fresh Fruit & 100% Fruit Juice	12 Blueberry NutriGrain Bar Served with Strawberry Gogurt  Fresh Fruit & 100% Fruit Juice	13 Whole Grain Blueberry Bread Slice  Fresh Fruit & 100% Fruit Juice	14 Whole Grain Apple Donut Holes  Fresh Fruit & 100% Fruit Juice	
17 Whole Grain Apple Cinnamon Muffin Served with Whole Grain Blueberry Lemon Crispy Grahams  Fresh Fruit & 100% Fruit Juice	18 Whole Grain Donut Sticks  Fresh Fruit & 100% Fruit Juice	19 Mini Confetti Pancakes  Fresh Fruit & 100% Fruit Juice	20 Mini Chocolate Chip French Toast  Fresh Fruit & 100% Fruit Juice	21 Whole Grain Cinnamon Sticks Served with Strawberry Gogurt  Fresh Fruit & 100% Fruit Juice	
24 Chocolate Chip Oatmeal Breakfast Bar  Fresh Fruit & 100% Fruit Juice	25 Mini Chocolate Chip French Toast  Fresh Fruit & 100% Fruit Juice	26 Whole Grain Blueberry Muffin  Fresh Fruit & 100% Fruit Juice	27 Whole Grain Cinnamon Waffles  Fresh Fruit & 100% Fruit Juice	28 Whole Grain Banana Muffin Served with Strawberry Gogurt  Fresh Fruit & 100% Fruit Juice	
31 Whole Grain Fruit Loop Waffles  Fresh Fruit & 100% Fruit Juice					

**Your Team**  
**Katlyn Kirkpatrick, General Manager**    **Tom Krulack, Assistant Manager**  
 570-825-5588    ma1108assist@metzcorp.com  
 ma1108@metzcorp.com

**Meal Prices**  
 Student Breakfast    \$0.00  
 Faculty Breakfast    \$1.94



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p><b>3</b></p> <p>Cheeseburger on a Roll Yogurt &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p><b>4</b></p> <p>Chicken Fajita Served with Cheddar, Sour Cream &amp; Salsa Yogurt &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Buttered Corn</p>	<p><b>DR. SEUSS'S BIRTHDAY 5</b></p> <p>Green Eggs, &amp; Ham Served with a Whole Grain Biscuit Yogurt &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Tri Tater Hash Brown</p>	<p><b>NATIONAL OREO DAY 6</b></p> <p>Whole Grain Pasta with Meat Sauce Yogurt &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> Mixed Vegetables</p>	<p><b>7</b></p> <p>French Bread Pizza Yogurt &amp; Cheese Craveable</p> <p><b>FEATURED VEGGIES</b> California Vegetable Blend</p>	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable, seasonal fresh vegetables</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, &amp; chocolate,</p> <p><b>Daily Alternates</b> Craveables Weekly Cold Cut Sandwiches or Wraps</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
<p><b>NATIONAL MEATBALL DAY 10</b></p> <p>Asian Meatball Served with Brown Rice Italian Style Sandwich</p> <p><b>FEATURED VEGGIES</b> Broccoli</p>	<p><b>11</b></p> <p>Walking Taco Italian Style Sandwich</p> <p><b>FEATURED VEGGIES</b> Buttered Corn</p>	<p><b>12</b></p> <p>BBQ Rib Sandwich Italian Style Sandwich</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p><b>NATIONAL CORN DOG DAY 13</b></p> <p>Mini Corn Dog Nuggets Italian Style Sandwich</p> <p><b>FEATURED VEGGIES</b> Baked Beans</p>	<p><b>14</b></p> <p>Stuffed Crust Pizza Italian Style Sandwich</p> <p><b>FEATURED VEGGIES</b> Mixed Vegetables</p>	
<p><b>17</b></p> <p>Hot Dog on a Roll Breadstick Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Mini Potato Pancakes</p>	<p><b>18</b></p> <p>General Tso's Chicken Served with Brown Rice Breadstick Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Broccoli</p>	<p><b>NATIONAL RAVIOLI DAY 19</b></p> <p>Cheese Ravioli with Marinara &amp; Dinner Roll Breadstick Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p><b>20</b></p> <p>Chicken Nuggets Served with a Dinner Roll Breadstick Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Mixed Vegetables</p>	<p><b>21</b></p> <p>Mini Personal Pizza Breadstick Dipper Craveable</p> <p><b>FEATURED VEGGIES</b> Carrots</p>	
<p><b>24</b></p> <p>Potato &amp; Cheese Pierogi with Butter Turkey &amp; Cheese on a Roll</p> <p><b>FEATURED VEGGIES</b> Broccoli</p>	<p><b>NATIONAL CRUNCHY TACO DAY 25</b></p> <p>Crunchy Beef Tacos Turkey &amp; Cheese on a Roll</p> <p><b>FEATURED VEGGIES</b> Buttered Corn</p>	<p><b>26</b></p> <p>Meatloaf Served with Mashed Potato &amp; Gravy Turkey &amp; Cheese on a Roll</p> <p><b>FEATURED VEGGIES</b> Mixed Vegetable</p>	<p><b>27</b></p> <p>Hot Ham &amp; Cheese Served on a Pretzel Roll Turkey &amp; Cheese on a Roll</p> <p><b>FEATURED VEGGIES</b> Green Beans</p>	<p><b>28</b></p> <p>Italian Dunks Served with Marinara Sauce for Dippin' Turkey &amp; Cheese on a Roll</p> <p><b>FEATURED VEGGIES</b> Carrots</p>	
<p><b>31</b></p> <p>Popcorn Chicken Served with a Dinner Roll Nacho Craveable</p> <p><b>FEATURED VEGGIES</b> Seasoned Peas</p>					

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 Student Lunch \$0.00  
 Faculty Lunch \$4.73



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