

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>NATIONAL SCHOOL BREAKFAST WEEK³</p> <p>Breakfast Nachos (Eggs, Bacon, Cheddar, Salsa, & Sour Cream on a Bed of Tortilla Chips)</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NATIONAL SCHOOL BREAKFAST WEEK⁴</p> <p>Oatmeal Bar Served with Assorted Toppings</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NATIONAL SCHOOL BREAKFAST WEEK⁵</p> <p>Hash Brown Casserole Served with A Cinnamon Toast Crunch Biscuit with Blueberry Cream Cheese</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NATIONAL SCHOOL BREAKFAST WEEK⁶</p> <p>Strawberry Pound cake Yogurt Parfait</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NATIONAL SCHOOL BREAKFAST WEEK⁷</p> <p>Strawberry, Pineapple, Banana Breeze Breakfast Smoothie</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>What is a Meal? You 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 May Include: 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,</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
<p>10</p> <p>Whole Grain Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>11</p> <p>Cheese Omelet Served with a Mini Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>12</p> <p>Cinnamon Toast Crunch French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>13</p> <p>Bacon, Egg, & Cheese Croissant Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>14</p> <p>Purple Berry Blast Breakfast Smoothie</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>17</p> <p>Sausage, Egg, & Cheese Pizza Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>18</p> <p>Emoji Waffle Served with Sausage & Maple Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>19</p> <p>Cheesy Scrambled Eggs Served with a Biscuit</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>20</p> <p>Pillsbury Apple Frudel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>21</p> <p>French Toast Sticks Served with Maple Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>24</p> <p>Blueberry Waffle Served with Maple Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>25</p> <p>Egg, & Cheese on a Biscuit</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>26</p> <p>Cinnamon Toast Crunch Bread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>27</p> <p>Sausage, Egg, & Cheese Breakfast Burrito</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>28</p> <p>Strawberries & Cream Breakfast Smoothie</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>31</p> <p>Pancake & Sausage on a Stick</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>					
<p>Your Team Katlyn Kirkpatrick, General Manager Tom Krulack, Assistant Manager 570-825-5588 ma1108@metzcorp.com ma1108assist@metzcorp.com</p>			<p>Meal Prices Student Breakfast \$0.00 Faculty Breakfast \$1.94</p>		

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					<p>What is a Meal?</p> <p>You must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, seasonal fresh vegetables</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</p> <p>Daily Alternates</p> <p>Fresh Entree Salad Craveables Weekly Cold Cut Sandwiches or Wraps</p> <p>Gourmet Pizza Selections Chicken Patty Sandwich Spicy Chicken Patty Sandwich Hamburger or Cheeseburger</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
<p>3</p> <p>BBQ Cowboy Cheeseburger</p> <p>FEATURED VEGGIES Sidewinder Fries</p>	<p>4</p> <p>Walking Taco</p> <p>FEATURED VEGGIES Buttered Corn</p>	<p>5</p> <p>Loaded Pizza Fries</p> <p>FEATURED VEGGIES Broccoli</p>	<p>6</p> <p>Italian Meatball Hoagie</p> <p>FEATURED VEGGIES Green Beans</p>	<p>7</p> <p>Italian Dunkers Served with Marinara Sauce</p> <p>FEATURED VEGGIES Sliced Carrots</p>	
<p>10</p> <p>NATIONAL MEATBALL DAY</p> <p>Garlic Toast Meatball Melt</p> <p>FEATURED VEGGIES Broccoli</p>	<p>11</p> <p>Nachos Grande Served with Assorted Toppings</p> <p>FEATURED VEGGIES Fiesta Corn Blend</p>	<p>12</p> <p>Buffalo Chicken Hoagie</p> <p>FEATURED VEGGIES Green Beans</p>	<p>13</p> <p>Pancakes Served with Turkey Sausage & Maple Syrup</p> <p>FEATURED VEGGIES Tri Tater Hash Browns</p>	<p>14</p> <p>Texas Garlic Toast Grilled Cheese Served with Tomato Soup</p> <p>FEATURED VEGGIES Sliced Carrots</p>	
<p>17</p> <p>ST. PATRICK'S DAY</p> <p>Loaded Irish Nachos with Assorted Toppings Served with a Dinner Roll</p> <p>FEATURED VEGGIES Potato Pancakes</p>	<p>18</p> <p>Chicken Fajitas Served with Peppers, Onions, & Assorted Toppings</p> <p>FEATURED VEGGIES Fiesta Corn Blend</p>	<p>19</p> <p>Teriyaki Meatballs Served with Brown Rice & Fortune Cookie</p> <p>FEATURED VEGGIES Stir Fry Vegetable Blend</p>	<p>20</p> <p>NATIONAL CHICKEN SOUP DAY</p> <p>Chicken Noodle Soup Served with Breadstick</p> <p>FEATURED VEGGIES Mixed Vegetable</p>	<p>21</p> <p>Cheese Ravioli Served with Marinara Sauce & Garlic Breadstick</p> <p>FEATURED VEGGIES Broccoli</p>	
<p>24</p> <p>Buffalo Chicken Jack'd Up Fries</p> <p>FEATURED VEGGIES Green Beans</p>	<p>25</p> <p>NATIONAL CRUNCHY TACO DAY</p> <p>2 Crunchy Tacos Served with Assorted Toppings</p> <p>FEATURED VEGGIES Buttered Corn</p>	<p>26</p> <p>NATIONAL HOT CHICKEN DAY</p> <p>Hot Honey Garlic Chicken Sandwich</p> <p>FEATURED VEGGIES Sidewinder Fries</p>	<p>27</p> <p>Philly Style Cheesesteak Hoagie with Peppers & Onions</p> <p>FEATURED VEGGIES Mixed Vegetables</p>	<p>28</p> <p>Potato & Cheese Pierogi Served with a Dinner Roll</p> <p>FEATURED VEGGIES Sliced Carrots</p>	
<p>31</p> <p>Open Faced Turkey Sandwich with Mashed Potatoes & Gravy</p> <p>FEATURED VEGGIES Buttered Corn</p>					
<p>Your Team</p> <p>Katlyn Kirkpatrick, General Manager 570-825-5588 ma1108@metzcorp.com</p> <p>Tom Krulack, Assistant Manager ma1108assist@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Lunch \$0.00 Faculty Lunch \$4.73</p>		

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