



**Meet Your Nutritious Friend:  
Preppy Plantain**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Strawberry Pop Tart Served with Mixed Berry Animal Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	2 Whole Grain Chocolate Donut  Assorted Cereals or Cereal Bar with Graham Crackers	3 Whole Grain Blueberry Bread Slice  Assorted Cereals or Cereal Bar with Graham Crackers	4 Mini Confetti Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	<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>
7 <b>COFFEE CAKE DAY</b> Blueberry Coffee Cake  Assorted Cereals or Cereal Bar with Graham Crackers	8 Whole Grain Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	9 Blueberry Nutrigrain Bar Served with Strawberry Gogurt  Assorted Cereals or Cereal Bar with Graham Crackers	10 Mini Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	11 Strawberry Oatmeal Breakfast Bar  Assorted Cereals or Cereal Bar with Graham Crackers	
14 Whole Grain Apple Cinnamon Muffin Served with Whole Grain Blueberry Lemon Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	15 Chocolate Chip Oatmeal Breakfast Bar  Assorted Cereals or Cereal Bar with Graham Crackers	16 <b>NO SCHOOL</b>  <b>IN SERVICE DAY</b>	17 <b>NO SCHOOL</b>  <b>SPRING BREAK</b>	18 <b>NO SCHOOL</b>  <b>SPRING BREAK</b>	
21 <b>NO SCHOOL</b>  <b>SPRING BREAK</b>	22 <b>NO SCHOOL</b>  <b>SPRING BREAK</b>	23 Whole Grain Strawberry Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	24 Whole Grain Banana Muffin Served with Strawberry Gogurt  Assorted Cereals or Cereal Bar with Graham Crackers	25 Whole Grain Cinnamon Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	
28 Apple Cinnamon Oatmeal Breakfast Bar  Assorted Cereals or Cereal Bar with Graham Crackers	29 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	30 Whole Grain Banana Bread Mini Loaf Served with Mixed Berry Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers			

**Your Team**  
**Katlyn Kirkpatrick, General Manager**    **Tom Krulack, Assistant Manager**  
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 ma1108@metzcorp.com

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



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



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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Chicken Nachos Grande Nacho Craveable <b>FEATURED VEGGIES</b> Buttered Corn	2 Mini Corn Dog Nuggets Nacho Craveable <b>FEATURED VEGGIES</b> Baked Beans	3 French Toast with Sausage & Maple Syrup Nacho Craveable <b>FEATURED VEGGIES</b> Tri Tater Hash Brown	4 Mini Personal Pizza Nacho Craveable <b>FEATURED VEGGIES</b> Broccoli	<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>
7 Chicken Patty on a Roll Breadstick Dipper Craveable <b>FEATURED VEGGIES</b> Green Beans	8 Walking Taco Breadstick Dipper Craveable <b>FEATURED VEGGIES</b> Buttered Corn	9 General Tso's Chicken Served with Brown Rice Breadstick Dipper Craveable <b>FEATURED VEGGIES</b> Broccoli	10 BBQ Rib Sandwich Breadstick Dipper Craveable <b>FEATURED VEGGIES</b> Baked Beans	11 Italian Dunks Served with Marinara Sauce Breadstick Dipper Craveable <b>FEATURED VEGGIES</b> Sliced Carrots	
14 Chicken Tenders Served with a Dinner Roll Turkey & Cheese on a Roll <b>FEATURED VEGGIES</b> Buttered Corn	15 <b>ANIMAL CRACKER DAY</b> Meatball Hoagie Turkey & Cheese on a Roll <b>FEATURED VEGGIES</b> Broccoli	16 <b>NO SCHOOL</b> <b>IN SERVICE DAY</b>	17 <b>NO SCHOOL</b> <b>SPRING BREAK</b>	18 <b>NO SCHOOL</b> <b>SPRING BREAK</b>	
21 <b>NO SCHOOL</b> <b>SPRING BREAK</b>	22 <b>NO SCHOOL</b> <b>SPRING BREAK</b>	23 Popcorn Chicken Served with a Dinner Roll Turkey & Cheese on a Roll <b>FEATURED VEGGIES</b> Mixed Vegetables	24 <b>NATIONAL PICNIC DAY</b> Hot Dog on a Roll Turkey & Cheese on a Roll <b>FEATURED VEGGIES</b> Baked Beans	25 French Bread Pizza Turkey & Cheese on a Roll <b>FEATURED VEGGIES</b> Broccoli	
28 Cheeseburger on a Roll Yogurt & Cheese Craveable <b>FEATURED VEGGIES</b> Green Beans	29 Hot Ham & Cheese on a Pretzel Roll Yogurt & Cheese Craveable <b>FEATURED VEGGIES</b> Broccoli	30 Whole Grain Pasta with Meat Sauce Yogurt & Cheese Craveable <b>FEATURED VEGGIES</b> Buttered Corn			

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**Meal Prices**  
 Student Lunch \$0.00  
 Faculty Lunch \$4.73



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