




Meet Your Nutritious Friend:
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Whole Grain Chocolate Donut Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	2 NO SCHOOL IN SERVICE DAY	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 - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.
5 Strawberry Pop Tart With Scooby Graham Snacks Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	6 Mini Chocolate Chip French Toast Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	7 Whole Grain Banana Muffin with Strawberry Gogurt Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	8 Strawberry Oatmeal Breakfast Bar Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	9 Blueberry Coffee Cake Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes
12 Whole Grain Donut Sticks Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	13 Whole Grain Banana Bread Slice Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	14 Whole Grain Strawberry Pancakes Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	15 Mini Blueberry Waffles Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	16 Whole Grain Chocolate Chip Muffin With Scooby Graham Crackers Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry
19 Apple Cinnamon Oatmeal Breakfast Bar Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	20 Mini Confetti Pancakes Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	21 Mini Apple Donut Holes Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	22 Whole Grain Cinnamon Waffles Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	23 EARLY DISMISSAL NO BREAKFAST SERVICE	
26 NO SCHOOL Memorial Day	27 Chocolate Chip Oatmeal Breakfast Bar Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	28 Whole Grain Blueberry Bread Slice Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	29 Whole Grain Baked Cinnamon Sticks Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	30 Mini Blueberry Waffles Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice	(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
Your Team Katlyn Kirkpatrick, General Manager 570-825-5588 ma1108@metzcorp.com Tom Krulack, Assistant Manager ma1108assist@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 Cheesesteak Hoagie Yogurt & Cheese Craveable FEATURED VEGGIES Sliced Carrots	2 NO SCHOOL IN SERVICE DAY	What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Choice of Vegetable Hot vegetable, seasonal fresh vegetables Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, & chocolate, Daily Alternates Craveables Weekly Cold Cut Sandwiches or Wraps
5 CINCO DE MAYO Walking Taco Italian Hoagie FEATURED VEGGIES Buttered Corn	6 Chicken Patty on a Roll Italian Hoagie FEATURED VEGGIES Mixed Vegetables	7 Mini Corn Dog Nuggets Italian Hoagie FEATURED VEGGIES Baked Beans	8 Pancakes & Sausage Served with Maple Syrup Italian Hoagie FEATURED VEGGIES Tri Tater Hash Browns	9 Personal Pizza Italian Hoagie FEATURED VEGGIES Broccoli	
12 Chicken Tenders Served with Dinner Roll Turkey & Cheese Hoagie FEATURED VEGGIES Green Beans	13 Chicken Nachos Grande Turkey & Cheese Hoagie FEATURED VEGGIES Buttered Corn	14 Macaroni & Cheese Served with a Dinner Roll Turkey & Cheese Hoagie FEATURED VEGGIES Stewed Tomatoes	15 CHOCOLATE CHIP COOKIE DAY Hot Ham & Cheese on a Pretzel Roll Turkey & Cheese Hoagie FEATURED VEGGIES Sliced Carrots	16 Garlic Toast Grilled Cheese Turkey & Cheese Hoagie FEATURED VEGGIES Mixed Vegetables	
19 Meatball Hoagie Ham & Cheese Hoagie FEATURED VEGGIES Mixed Vegetables	20 Popcorn Chicken Served with Mashed Potatoes, Cheddar Cheese & Gravy Ham & Cheese Hoagie FEATURED VEGGIES Buttered Corn	21 Hot Dog on a Roll Ham & Cheese Hoagie FEATURED VEGGIES Baked Beans	22 VANILLA PUDDING DAY General Tso's Chicken Served with Brown Rice Ham & Cheese Hoagie FEATURED VEGGIES Broccoli	23 HAWKEYE DAY Choice of Cheeseburger or Hot Dog Served with Pasta Salad, Fresh Fruit Salad, & Chips FEATURED VEGGIES Baby Carrots & Ranch Dip	
26 NO SCHOOL Memorial Day	27 BBQ Rib Sandwich American Hoagie FEATURED VEGGIES Baked Beans	28 Cheeseburger on a Roll American Hoagie FEATURED VEGGIES Smiley Fries	29 Chef's Choice American Hoagie FEATURED VEGGIES Carrots	30 Chef's Choice American Hoagie FEATURED VEGGIES Buttered Corn	(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>

Your Team
Katlyn Kirkpatrick, General Manager **Tom Krulack, Assistant Manager**
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Meal Prices
 Student Lunch \$0.00
 Faculty Lunch \$4.73



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