



**Meet Your Nutritious Friend:
Preppy Plantain**

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|--|--|--|---|--|--|
| | 1 Whole Grain Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | 2 NATIONAL BURRITO DAY Sausage, Egg, & Cheese Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers | 3 Ham, Egg, & Cheese Hash Brown Casserole Assorted Cereals or Cereal Bar with Graham Crackers | 4 Cinnamon Toast Crunch Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers | <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 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> |
| 7 Pillsbury Apple Frudel Assorted Cereals or Cereal Bar with Graham Crackers | 8 Sausage, Egg, & Cheese Croissant Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | 9 Mini Maple Waffles Assorted Cereals or Cereal Bar with Graham Crackers | 10 French Toast Sticks Served with Maple Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 11 Mini Confetti Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | |
| 14 Sausage, Egg, & Cheese Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers | 15 Pancake & Sausage on a Stick Assorted Cereals or Cereal Bar with Graham Crackers | 16 NO SCHOOL IN SERVICE DAY | 17 NO SCHOOL SPRING BREAK | 18 NO SCHOOL SPRING BREAK | |
| 21 NO SCHOOL SPRING BREAK | 22 NO SCHOOL SPRING BREAK | 23 Eggoji Waffle Served with Sausage & Maple Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 24 Egg, & Cheese Croissant Sandwich Assorted Cereals or Cereal Bar with Graham Crackers | 25 Mini Strawberry Pancakes Assorted Cereals or Cereal Bar with Graham Crackers | |
| 28 Blueberry Mini Waffles Served with Maple Syrup Assorted Cereals or Cereal Bar with Graham Crackers | 29 Cheesy Scrambled Served with a Biscuit Assorted Cereals or Cereal Bar with Graham Crackers | 30 Whole Grain Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers | | | |

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



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 FEATURED VEGGIES Buttered Corn | 2 Mini Corn Dog Nuggets Nacho Craveable FEATURED VEGGIES Baked Beans | 3 French Toast with Sausage & Maple Syrup Nacho Craveable FEATURED VEGGIES Tri Tater Hash Brown | 4 Mini Personal Pizza Nacho Craveable FEATURED VEGGIES Broccoli | <p>What is a Meal? 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 Craveables Weekly Cold Cut Sandwiches or Wraps</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> |
| 7 Chicken Patty on a Roll Breadstick Dipper Craveable FEATURED VEGGIES Green Beans | 8 Walking Taco Breadstick Dipper Craveable FEATURED VEGGIES Buttered Corn | 9 General Tso's Chicken Served with Brown Rice Breadstick Dipper Craveable FEATURED VEGGIES Broccoli | 10 BBQ Rib Sandwich Breadstick Dipper Craveable FEATURED VEGGIES Baked Beans | 11 Italian DUNKERS Served with Marinara Sauce Breadstick Dipper Craveable FEATURED VEGGIES Sliced Carrots | |
| 14 Chicken Tenders Served with a Dinner Roll Turkey & Cheese on a Roll FEATURED VEGGIES Buttered Corn | 15 ANIMAL CRACKER DAY Meatball Hoagie Turkey & Cheese on a Roll FEATURED VEGGIES Broccoli | 16 NO SCHOOL IN SERVICE DAY | 17 NO SCHOOL SPRING BREAK | 18 NO SCHOOL SPRING BREAK | |
| 21 NO SCHOOL SPRING BREAK | 22 NO SCHOOL SPRING BREAK | 23 Popcorn Chicken Served with a Dinner Roll Turkey & Cheese on a Roll FEATURED VEGGIES Mixed Vegetables | 24 NATIONAL PICNIC DAY Hot Dog on a Roll Turkey & Cheese on a Roll FEATURED VEGGIES Baked Beans | 25 French Bread Pizza Turkey & Cheese on a Roll FEATURED VEGGIES Broccoli | |
| 28 Cheeseburger on a Roll Yogurt & Cheese Craveable FEATURED VEGGIES Green Beans | 29 Hot Ham & Cheese on a Pretzel Roll Yogurt & Cheese Craveable FEATURED VEGGIES Broccoli | 30 Whole Grain Pasta with Meat Sauce Yogurt & Cheese Craveable FEATURED VEGGIES Buttered Corn | | | |

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

