




Meet Your Nutritious Friend:  
Arctic Artichoke

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Sausage, Egg, & Cheese Breakfast Burrito  Assorted Cereals or Cereal Bar with Graham Crackers	2 <b>NO SCHOOL</b>  <b>IN SERVICE DAY</b>	<b>What is a Meal?</b> 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
5 Pillsbury Apple Frudel  Assorted Cereals or Cereal Bar with Graham Crackers	6 French Toast Served with Maple Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	7 Sausage, Egg, & Cheese Pizza Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	8 Mini Strawberry Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	9 Cinnamon Cream Cheese Filled Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes
12 Pancake & Sausage on a Stick  Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese Breakfast Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	14 Eggoji Waffles Served with Sausage & Maple Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	15 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	16 Whole Grain Bagel with Cream Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	<b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
19 Whole Grain Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	20 Cheesy Scrambled Eggs Served with a Mini Biscuit  Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini Blueberry Waffles  Assorted Cereals or Cereal Bar with Graham Crackers	22 Strawberry Cream Cheese Filled Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	23 Cinnamon Toast Crunch Bread  Assorted Cereals or Cereal Bar with Graham Crackers	<b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry
26 <b>NO SCHOOL</b>  <b>MEMORIAL DAY</b>	27 Cinnamon Toast Crunch Mini French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	28 Sausage, Egg, & Cheese Croissant Sandwich  Assorted Cereals or Cereal Bar with Graham Crackers	29 Chef's Choice  Assorted Cereals or Cereal Bar with Graham Crackers	30 Chef's Choice  Assorted Cereals or Cereal Bar with Graham Crackers	<b>(V) Vegetarian</b> These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg  <b>(VG) Vegan</b> These items do not contain any animal products
<b>Your Team</b> Katlyn Kirkpatrick, General Manager 570-825-5588 ma1108@metzcorp.com Tom Krulack, Assistant Manager ma1108assist@metzcorp.com			<b>Meal Prices</b> 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  <b>FEATURED VEGGIES</b> Sliced Carrots	2 <b>NO SCHOOL</b>  <b>IN SERVICE DAY</b>	<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>
5 <b>CINCO DE MAYO</b> Walking Taco  <b>FEATURED VEGGIES</b> Buttered Corn	6 Chicken Patty on a Roll  <b>FEATURED VEGGIES</b> Mixed Vegetables	7 Mini Corn Dog Nuggets  <b>FEATURED VEGGIES</b> Baked Beans	8 Pancakes & Sausage Served with Maple Syrup  <b>FEATURED VEGGIES</b> Tri Tater Hash Browns	9 Personal Pizza  <b>FEATURED VEGGIES</b> Broccoli	
12 Chicken Tenders Served with Dinner Roll  <b>FEATURED VEGGIES</b> Green Beans	13 Chicken Nachos Grande  <b>FEATURED VEGGIES</b> Buttered Corn	14 Macaroni & Cheese Served with a Dinner Roll  <b>FEATURED VEGGIES</b> Stewed Tomatoes	15 <b>CHOCOLATE CHIP COOKIE DAY</b> Hot Ham & Cheese on a Pretzel Roll  <b>FEATURED VEGGIES</b> Sliced Carrots	16 Garlic Toast Grilled Cheese Turkey & Cheese Hoagie  <b>FEATURED VEGGIES</b> Mixed Vegetables	
19 Meatball Hoagie  <b>FEATURED VEGGIES</b> Mixed Vegetables	20 Popcorn Chicken Served with Mashed Potatoes, Cheddar Cheese & Gravy  <b>FEATURED VEGGIES</b> Buttered Corn	21 Hot Dog on a Roll  <b>FEATURED VEGGIES</b> Baked Beans	22 <b>VANILLA PUDDING DAY</b> General Tso's Chicken Served with Brown Rice  <b>FEATURED VEGGIES</b> Broccoli	23 <b>HAWKEYE DAY</b> Choice of Cheeseburger or Hot Dog Served with Pasta Salad, Fresh Fruit Salad, & Chips  <b>FEATURED VEGGIES</b> Baby Carrots & Ranch Dip	
26 <b>NO SCHOOL</b>  <b>Memorial Day</b>	27 BBQ Rib Sandwich  <b>FEATURED VEGGIES</b> Baked Beans	28 Cheeseburger on a Roll  <b>FEATURED VEGGIES</b> Smiley Fries	29 Chef's Choice  <b>FEATURED VEGGIES</b> Carrots	30 Chef's Choice  <b>FEATURED VEGGIES</b> Buttered Corn	

**Your Team**  
**Katlyn Kirkpatrick, General Manager** 570-825-5588 ma1108@metzcorp.com  
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**Meal Prices**  
 Student Lunch \$0.00  
 Faculty Lunch \$4.73



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