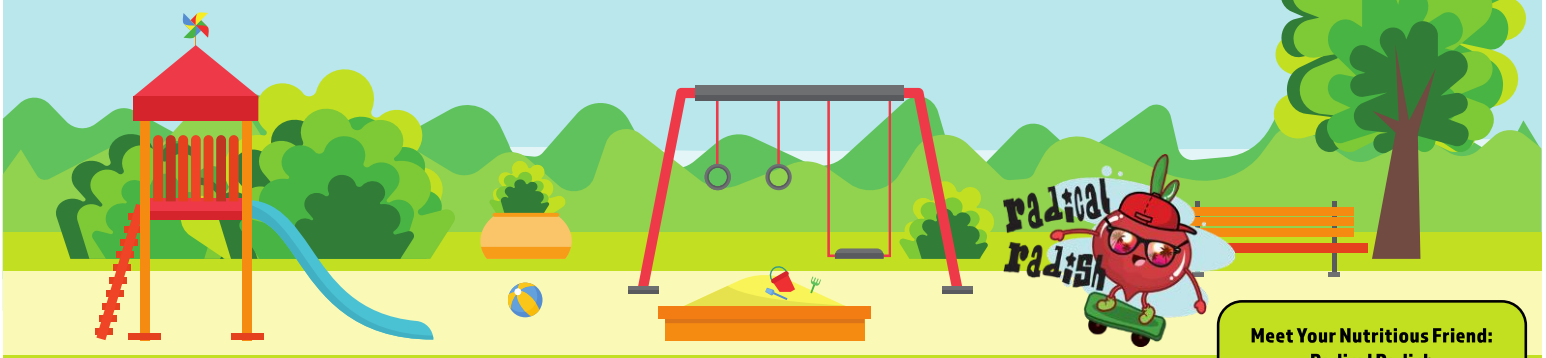


**Meet Your Nutritious Friend:
Radical Radish**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>NATIONAL SCHOOL³ BREAKFAST WEEK</p> <p>Cheese Omelet Served with a Mini Biscuit</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NATIONAL SCHOOL⁴ BREAKFAST WEEK</p> <p>French Toast Sticks Served with Maple Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NATIONAL SCHOOL⁵ BREAKFAST WEEK</p> <p>Sausage, Egg, & Cheese Breakfast Burrito</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NATIONAL SCHOOL⁶ BREAKFAST WEEK</p> <p>Pancakes & Sausage Served with Maple Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NATIONAL SCHOOL⁷ BREAKFAST WEEK</p> <p>Sausage, Egg, & Cheese Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>What is a Meal?</p> <p>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>
<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>Mini Blueberry Waffles</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</p> <p>Katlyn Kirkpatrick, General Manager Tom Krulack, Assistant Manager 570-825-5588 ma1108assist@metzcorp.com ma1108@metzcorp.com</p>			<p>Meal Prices</p> <p>Student Breakfast \$0.00 Faculty Breakfast \$1.94</p>		





Meet Your Nutritious Friend:
Radical Radish

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>3 Cheeseburger on a Roll Yogurt & Cheese Craveable</p> <p>FEATURED VEGGIES Green Beans</p>	<p>4 Chicken Fajita Served with Cheddar, Sour Cream & Salsa Yogurt & Cheese Craveable</p> <p>FEATURED VEGGIES Buttered Corn</p>	<p>5 DR. SEUSS'S BIRTHDAY Green Eggs, & Ham Served with a Whole Grain Biscuit Yogurt & Cheese Craveable</p> <p>FEATURED VEGGIES Tri Tater Hash Brown</p>	<p>6 NATIONAL OREO DAY Whole Grain Pasta with Meat Sauce Yogurt & Cheese Craveable</p> <p>FEATURED VEGGIES Mixed Vegetables</p>	<p>7 French Bread Pizza Yogurt & Cheese Craveable</p> <p>FEATURED VEGGIES California Vegetable Blend</p>	<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>
<p>10 NATIONAL MEATBALL DAY Asian Meatball Served with Brown Rice Italian Style Sandwich</p> <p>FEATURED VEGGIES Broccoli</p>	<p>11 Walking Taco Italian Style Sandwich</p> <p>FEATURED VEGGIES Buttered Corn</p>	<p>12 Grilled Chicken Garden Salad Served with a Dinner Roll Italian Style Sandwich</p> <p>FEATURED VEGGIES Green Beans</p>	<p>13 NATIONAL CORN DOG DAY Mini Corn Dog Nuggets Italian Style Sandwich</p> <p>FEATURED VEGGIES Baked Beans</p>	<p>14 Stuffed Crust Pizza Italian Style Sandwich</p> <p>FEATURED VEGGIES Mixed Vegetables</p>	
<p>17 Hot Dog on a Roll Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Mini Potato Pancakes</p>	<p>18 General Tso's Chicken Served with Brown Rice Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Broccoli</p>	<p>19 NATIONAL RAVIOLI DAY Cheese Ravioli with Marinara & Dinner Roll Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Green Beans</p>	<p>20 Popcorn Chicken Salad Served with a Dinner Roll Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Mixed Vegetables</p>	<p>21 Mini Personal Pizza Breadstick Dipper Craveable</p> <p>FEATURED VEGGIES Carrots</p>	
<p>24 Potato & Cheese Pierogi with Butter Turkey & Cheese on a Roll</p> <p>FEATURED VEGGIES Broccoli</p>	<p>25 NATIONAL CRUNCHY TACO DAY Crunchy Beef Tacos Turkey & Cheese on a Roll</p> <p>FEATURED VEGGIES Buttered Corn</p>	<p>26 Meatloaf Served with Mashed Potato & Gravy Turkey & Cheese on a Roll</p> <p>FEATURED VEGGIES Mixed Vegetable</p>	<p>27 Hot Ham & Cheese Served on a Pretzel Roll Turkey & Cheese on a Roll</p> <p>FEATURED VEGGIES Green Beans</p>	<p>28 Italian Dunkers Served with Marinara Sauce for Dippin' Turkey & Cheese on a Roll</p> <p>FEATURED VEGGIES Carrots</p>	
<p>31 Popcorn Chicken Served with a Dinner Roll Nacho Craveable</p> <p>FEATURED VEGGIES Seasoned Peas</p>					

Your Team
Katlyn Kirkpatrick, General Manager **Tom Krulack, Assistant Manager**
 570-825-5588 ma1108assist@metzcorp.com
 ma1108@metzcorp.com

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



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