



**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 <b>NATIONAL BURRITO DAY</b> 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><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 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 <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 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 Eggs 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    ma1108@metzcorp.com  
 ma1108@metzcorp.com    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 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 Grilled Chicken Caesar Salad Breadstick Dipper Craveable <b>FEATURED VEGGIES</b>	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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