





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2 Chefs Choice Assorted Cereals or Cereal Bar with Graham Crackers	3 Chefs Choice Assorted Cereals or Cereal Bar with Graham Crackers	4 Chefs Choice Assorted Cereals or Cereal Bar with Graham Crackers	5 Chefs Choice Assorted Cereals or Cereal Bar with Graham Crackers	6 	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
9	10	11	12	13	A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes
16	17	18	19	20	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate,
23	24	25	26	27	
30					

Enjoy Your Summer!

Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com	Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$3.50	 <div style="display: inline-block; vertical-align: middle;"> Metz <small>CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</small> </div>
---	--	--

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



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none">- 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.
2 Chefs Choice FEATURED VEGGIES Veggie	3 Chefs Choice FEATURED VEGGIES Veggie	4 Chefs Choice FEATURED VEGGIES Veggie	5 Chefs Choice FEATURED VEGGIES Veggie	6 	Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, 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 Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30					
Your Team Kaitlin Hannigan, General Manager 570.675.7458 ext. 2799 ma1124@metzcorp.com			Meal Prices Student Breakfast \$2.25 Reduced Breakfast \$0.00 Faculty Breakfast \$0.350		 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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

