




Monday	Tuesday	Wednesday	Thursday	Friday	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 or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla,
29	30	1	2	3	
		Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	Knight Griddle Assorted Cereals or Cereal Bar with Graham Crackers	Belgian Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
6 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Peaches & Cream Smoothie Bowl Assorted Cereals or Cereal Bar with Graham Crackers	9 Ham & Cheese On Croissant Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
13 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	16 Bacon Egg & Cheese On English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	17 Strawberries & Cream Overnight Oats Assorted Cereals or Cereal Bar with Graham Crackers	
20 French Toast Sticks Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	22 Strawberries & Cream Smoothie Bowl Assorted Cereals or Cereal Bar with Graham Crackers	23 Sausage Egg & Cheese on a Donut Assorted Cereals or Cereal Bar with Graham Crackers	24 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	30 Ham Egg & Cheese on Croissant Assorted Cereals or Cereal Bar with Graham Crackers	31  Waffles Assorted Cereals or Cereal Bar with Graham Crackers	
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 \$2.94			

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

