



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				1 Chocolate Donut  Assorted Cereals or Cereal Bar with Graham Crackers	<b>What is a Meal?</b> You 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
4 Chocolate Chip Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	5 Banana Bread  Assorted Cereals or Cereal Bar with Graham Crackers	6 Strawberry Pull Apart Bagel  Assorted Cereals or Cereal Bar with Graham Crackers	7 Waffle w/ Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	8 Act 80 No Students	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
11 Banana Chocolate Chunk Bar  Assorted Cereals or Cereal Bar with Graham Crackers	12 Bacon, Egg, & Cheese English Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	13 Cinnamon Roll  Assorted Cereals or Cereal Bar with Graham Crackers	14 Pancakes w/ Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	15 Chocolate Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	<b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free chocolate
18 Strawberry Pop Tart  Assorted Cereals or Cereal Bar with Graham Crackers	19 Cinnamon Toast Crunch Breakfast Bar  Assorted Cereals or Cereal Bar with Graham Crackers	20 Apple Frudel  Assorted Cereals or Cereal Bar with Graham Crackers	21 French Toast w/ Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	22 Powdered Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	<b>Daily Alternates</b> Assorted Breakfast Sandwiches  Assorted muffins, Donuts, Breakfast Bars
25 Oatmeal Chocolate Chip Bar  Assorted Cereals or Cereal Bar with Graham Crackers	26 Yogurt & Animal Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	27 Cinni Mini  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
Rhonda Wildt, Supervisor 570.458.5538 ext. 2116 <a href="mailto:ma1148@metzcorp.com">ma1148@metzcorp.com</a>			<b>Meal Prices</b> Student Breakfast Free Faculty Breakfast \$2.50		

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

