















Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1	2	3	<b>What is a Meal?</b> You must choose at least 3 of the 4 components available for the school breakfast price. <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> A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. <b>Whole Grain Cereals</b> <i>(served with Graham Cracker)</i> Cinnamon Toast Crunch, Apple Jacks, Cocoa Puffs, Lucky Charms, Reeses Puffs, Cheerios, Honey Nut Cheerios, Froot Loops, Frosted Flakes, Golden Grahams. <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 white, chocolate, vanilla, and strawberry <b>Daily Breakfast Special</b> <b>Monday- Yogurt Bar</b> <b>Tuesday- Oatmeal Bar</b> <b>Wednesday- Breakfast Sandwich</b> <b>Thursday- Pancake/ Waffle Bar</b> <b>Friday- Smoothies</b> <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> <b>(VG) Vegan</b> <i>These items do not contain any animal products</i> <b>(WG) Whole Grain</b>
					
WG Confetti Pancakes <sup>6</sup> Or WG Blueberry Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <sup>7</sup> Or WG Apple Cinnamon Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Cinnamon Waffle <sup>8</sup> Or WG French Toast Breakfast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini French Toast <sup>9</sup> Or WG Banana Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Maple Pancakes <sup>10</sup> Or WG Bagel with Cream Cheese  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
WG Mini Chocolate Chip French Toast <sup>13</sup> Or WG Chocolate Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Strawberry Cream Cheese Filled Bagel <sup>14</sup> Or WG Oatmeal Cereal Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini French Toast <sup>15</sup> Or WG Banana Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Apple Frudel <sup>16</sup> Or WG Blueberry Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Maple Waffles <sup>17</sup> Or WG Lucky Charms Cereal Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
 <sup>20</sup>	WG Confetti Pancakes <sup>21</sup> Or WG Banana Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Cinnamon Waffle <sup>22</sup> Or WG Apple Cinnamon Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Cinnamon Cream Cheese Filled Bagel <sup>23</sup> Or WG Blueberry Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Chocolate Chip French Toast <sup>24</sup> Or Strawberry Cheerios Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
WG Mini Maple Pancakes <sup>27</sup> Or WG Apple Cinnamon Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Strawberry Cream Cheese Filled Bagel <sup>28</sup> Or French Toast Breakfast Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	Mini Cinni Rolls <sup>29</sup> Or WG Banana Bread  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini French Toast <sup>30</sup> Or WG Blueberry Muffin  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	WG Mini Maple Waffles <sup>31</sup> Or WG Cocoa Puffs Cereal Bar  Assorted Cereals Pop-tarts Assorted Juice Fruit of choice	
<b>Contact</b> <b>Cathy Muto, General Manager</b> 610-782-1890 <a href="mailto:mutoc@metzcorp.com">mutoc@metzcorp.com</a>			<b>Meal Prices</b> Student Breakfast \$0.00 Reduced Breakfast \$0.00		

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



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					<b>What is a Meal?</b> You must choose at least 3 of the 5 components available for the school lunch price. - 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.
  					
 <b>Market Street Deli!</b> Made to order Sandwiches and Wraps, Turkey and Cheese, Ham and Cheese, Italian, American, Tuna Salad, Chicken Salad, Egg Salad with a Variety of Cheeses					
<b>6</b> Chicken Tenders with Mashed Potatoes and Gravy Dinner Roll  <b>FEATURED VEGGIES</b> Buttered Corn Baby Carrots	<b>7</b> Beef or Chicken Nachos Cheese Nachos (V) Fresh Toppings Bar  <b>FEATURED VEGGIES</b> Fiesta Black Beans Street Corn Salad	<b>8</b> French Toast Sticks with Sausage Links  <b>FEATURED VEGGIES</b> Tater Tots Celery Sticks	<b>9</b> Lasagna Roll Up (V) Garlic Knot  <b>FEATURED VEGGIES</b> Steamed Broccoli Side Garden Salad	<b>10</b> Beef and Broccoli Teriyaki Noodle Bowl Veggie Stir Fry (V)  <b>FEATURED VEGGIES</b> Glazed Asian Veg Cucumber Slices	<b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <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 white, chocolate, vanilla, and strawberry
 <b>Market Street Deli!</b> Made to order Sandwiches and Wraps, Turkey and Cheese, Ham and Cheese, Italian, American, Tuna Salad, Chicken Salad, Egg Salad with a Variety of Cheeses					
<b>13</b> WG Breaded Chicken Drumstick with Mashed Potatoes or Mac and Cheese Cornbread  <b>FEATURED VEGGIES</b> Corn on the Cob Potato Salad	<b>14</b> Walking Taco with Doritos Doritos Walking Taco with Cheese (V)  <b>FEATURED VEGGIES</b> Vegetarian Baked Beans Baby Carrots	<b>15</b> Pancakes Topped with Strawberry Compote and Whipped Cream with Sausage Patties  <b>FEATURED VEGGIES</b> Hash Brown Patty Celery Sticks	<b>16</b> Chicken Rotini Alfredo Rotini Alfredo (V) Garlic Breadstick  <b>FEATURED VEGGIES</b> Lemon Parm Broccoli Broccoli Salad	<b>17</b> Loaded Potatoes Cheese Sauce and Choice of Protein over Potato Wedges  <b>FEATURED VEGGIES</b> Buttered Carrots Pasta Salad	<b>Daily Entrée Options</b> Hamburger/Cheeseburger on a Bun Burger of the Week Chicken Patty on a Bun Spicy Chicken Patty (Fridays) Cheese or Pepperoni Pizza Bravo Grab and Go Specialty Pizza PB&J
 <b>Market Street Deli!</b> Made to order Sandwiches and Wraps, Turkey and Cheese, Ham and Cheese, Italian, American, Tuna Salad, Chicken Salad, Egg Salad with a Variety of Cheeses					
<b>20</b> 	<b>21</b> Burrito Bowl Choice of Protein over Spanish Rice and Fresh Toppings Bar  <b>FEATURED VEGGIES</b> Mexicali Corn Black Bean Salad	<b>22</b> Sausage, Egg and Cheese on a Honey Glazed Donut  <b>FEATURED VEGGIES</b> Tater Tots Baby Carrots	<b>23</b> Pasta Bar Choice of Noodle and Sauce Garlic Bread  <b>FEATURED VEGGIES</b> Seasoned Carrots Tomato Mozzarella Salad	<b>24</b> General Tso's Chicken over Brown Rice Veggie Stir Fry  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Slices	
 <b>Market Street Deli!</b> Made to order Sandwiches and Wraps, Turkey and Cheese, Ham and Cheese, Italian, American, Tuna Salad, Chicken Salad, Egg Salad with a Variety of Cheeses					
<b>27</b> Loaded Mac and Cheese Bowl Choice of Protein and Toppings Bar  <b>FEATURED VEGGIES</b> Seasoned Peas Cherry Tomatoes	<b>28</b> Taco Bar Beef or Chicken, Hard or Soft Shell Tortillas Fresh Toppings Bar  <b>FEATURED VEGGIES</b> Refried Beans Broccoli Salad	<b>29</b> Boneless Wing Bar with Choice of Sauces  <b>FEATURED VEGGIES</b> Crinkle Cut Fries Carrot & Celery Sticks	<b>30</b> Baked Ziti with Meatballs Baked Ziti (V) Garlic Bread  <b>FEATURED VEGGIES</b> Seasoned Broccoli Caesar Salad	<b>31</b> Popcorn Chicken Mashed Potato Bowl Dinner Roll  <b>FEATURED VEGGIES</b> Buttered Corn Potato Salad	(WG) Whole Grain  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
<b>Contact</b> <b>Cathy Muto, General Manager</b> 610-782-1890 <a href="mailto:mutoc@metzcorp.com">mutoc@metzcorp.com</a>			<b>Meal Prices</b> Student Lunch \$0.00 Reduced Lunch \$0.00		

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

