



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 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms  <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, fat-free chocolate						
3	4	5	6	7							
Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	Apple Pie Smoothie Bowl with Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	Fruit and Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers							
10  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	11  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	12  Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	13  Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	14  Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers							
17  Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	18  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	19  Apple Pie Smoothie Bowl with Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	20  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	21  Fruit and Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers							
24  NO SCHOOL	25  NO SCHOOL	26  NO SCHOOL	27  NO SCHOOL	28  NO SCHOOL							
<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.95</td> </tr> </table>					Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.95	
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<p>Samuel Garman, General Manager 717.367.1533 ext. 21057 <a href="mailto:ma1141@metzcorp.com">ma1141@metzcorp.com</a></p>					<p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>  						

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

