






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 Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate				
		1 Egg & Cheese Croissant Assorted Cereals	2 Mini Waffles Assorted Cereals	3 NO SCHOOL					
6 NO SCHOOL	7 Breakfast Pizza Assorted Cereals	8 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals	9 French Toast Sticks with Syrup Assorted Cereals	10 Dutch Waffle Assorted Cereals					
13 Mini Maple Pancakes Assorted Cereals	14 Cheese Omelet with Blueberry Muffin Assorted Cereals	15 Egg, Sausage & Cheese Croissant Assorted Cereals	16 Chocolate Chip French Toast Assorted Cereals	17 Strawberry Filled Bagel Assorted Cereals					
20 Mini Cinni Rolls Assorted Cereals	21 Breakfast Pizza Assorted Cereals	22 Peaches & Cream Smoothie with Graham Crackers Assorted Cereals	23 French Toast Sticks with Syrup Assorted Cereals	24 Fruit & Yogurt Parfait Assorted Cereals					
27 Mini Blueberry Donut Holes Assorted Cereals	28 Cheese Omelet with Chocolate Chip Muffin Assorted Cereals	29 Egg & Cheese Croissant Assorted Cereals	30 Mini Waffles Assorted Cereals						
<table border="0"> <tr> <td colspan="2"> Samuel Garman, General Manager 717.367.1533 ext. 21057 ma1141@metzcorp.com </td> <td> Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.95 </td> <td>  </td> <td>  </td> </tr> </table>						Samuel Garman, General Manager 717.367.1533 ext. 21057 ma1141@metzcorp.com		Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.95	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

