





Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast meal. - 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 chocolate
		1	2	3	
		Egg, Sausage, & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	Oatmeal Chocolate Chip Breakfast Bar Assorted Cereals or Cereal Bar with Graham Crackers		
6	7	8	9	10	
	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Fruit & Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	Waffles Assorted Cereals or Cereal Bar with Graham Crackers	Bacon, Egg, & Cheese English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	
13	14	15	16	17	
Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg, Sausage, & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	Oatmeal Chocolate Chip Breakfast Bar Assorted Cereals or Cereal Bar with Graham Crackers	Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
20	21	22	23	24	
Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Fruit & Yogurt Parfait Assorted Cereals or Cereal Bar with Graham Crackers	Waffles Assorted Cereals or Cereal Bar with Graham Crackers	Bacon, Egg, & Cheese English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	
27	28	29	30		
Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg, Sausage, & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	Oatmeal Chocolate Chip Breakfast Bar Assorted Cereals or Cereal Bar with Graham Crackers		
Donna Davis, Lead Cook Rhonda Wildt, Supervisor 570.458.5538 ext. 2116 ma0000@metzcorp.com		Meal Prices Student Breakfast Free Faculty Breakfast \$3.00			

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

