

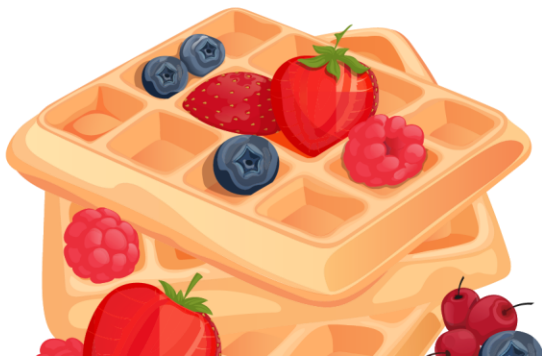





Monday	Tuesday	Wednesday	Thursday	Friday	<p><b>What is a Meal?</b></p> <p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit or Vegetable</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals</b> <i>(served with graham crackers)</i></p> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>1% white, fat-free white, fat-free chocolate</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>
<p><b>2</b></p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>3</b></p> <p>Mini Cini</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>4</b></p> <p>Donuts</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>5</b></p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>6</b></p> <p>Lemon Loaf</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p><b>9</b></p> <p>Full Act 80 Day No Students</p>	<p><b>10</b></p> <p>Breakfast Bar</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>11</b></p> <p>Blueberry Loaf</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>12</b></p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>13</b></p> <p>Banana Bread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p><b>16</b></p> 	<p><b>17</b></p> <p>Assorted Muffins</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>18</b></p> <p>Cinnamon Rolls</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>19</b></p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>20</b></p> <p>Pop Tarts</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p><b>23</b></p> <p>Assorted Muffins</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>24</b></p> <p>Mini Cinny</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>25</b></p> <p>Donuts</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>26</b></p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>27</b></p> <p>Lemon Loaf</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p><b>Your Team</b></p> <p>Lou Kluck, General Manager 570-735-8534 <a href="mailto:ma1102@metzcorp.com">ma1102@metzcorp.com</a></p>		<p><b>Meal Prices</b></p> <p>Adult Breakfast \$3.00</p>			

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



Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> Students 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>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, fat-free chocolate,  <b>Daily Alternates</b> PB&J
<b>2</b> Corn Dogs Or Chicken Burrito Bowl  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Salad	<b>3</b> Nacho Grande Or Hot Dog  <b>FEATURED VEGGIES</b> Pepper Strips Side Salad	<b>4</b> Chicken Mashed Potato Bowl Or Hot Dog  <b>FEATURED VEGGIES</b> Side Salad Corn	<b>5</b> Lasagna Rollup Or Sloppy Joes  <b>FEATURED VEGGIES</b> Side Salad Baby Carrots	<b>6</b> Italian Dunkers Or Hot Dog  <b>FEATURED VEGGIES</b> Side Salad Cucumbers	
<b>9</b> Full Act 80 Day  No school	<b>10</b> Cheeseburger Or Hot Dogs  <b>FEATURED VEGGIES</b> Fries Side Salad	<b>11</b> Buffalo Chicken Dip Or BBQ Ribby  <b>FEATURED VEGGIES</b> Side Salad Sliced Cucumbers	<b>12</b> Ham & Cheese on a Pretzel Bun Or Meatball Sub  <b>FEATURED VEGGIES</b> Side Salad Grape Tomatoes	<b>13</b> Pizza or Hot Dogs  <b>FEATURED VEGGIES</b> Side Salad Pepper Strips	
<b>16</b>  HAPPY PRESIDENTS DAY	<b>17</b> Chicken Nuggets Or Hot Dog  <b>FEATURED VEGGIES</b> Fries Side Salad	<b>18</b> Cheesesteak Or Macaroni & Cheese  <b>FEATURED VEGGIES</b> Salad	<b>19</b> Chili Or Chicken Parmesaen With Pasta  <b>FEATURED VEGGIES</b> Stewed Tomatoes Salad	<b>20</b> Toasted Cheese Or Fish Sticks  <b>FEATURED VEGGIES</b> Tomato Soup Side Salad	
<b>23</b> Breakfast for Lunch Or Hot Dog  <b>FEATURED VEGGIES</b> Hash Brown Garden Side Salad	<b>24</b> Chicken Fajitas Or Hamburger  <b>FEATURED VEGGIES</b> Rice Salsa	<b>25</b> General Tso Chicken Or Hot Dogs  <b>FEATURED VEGGIES</b> Side Salad	<b>26</b> Spaghetti with Meat Sauce Or Chicken Patty  <b>FEATURED VEGGIES</b> Pasta Fresh Cucumbers	<b>27</b> Pizza Or Hot Dogs  <b>FEATURED VEGGIES</b> Side Salad Baby Carrots	
<b>Your Team</b> Lou Kluck, General Manager 570-735-8534 <a href="mailto:ma1102@metzcorp.com">ma1102@metzcorp.com</a>					
<b>Meal Prices</b> Adult Lunch \$4.85					
					
					

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