

**Meet Your Nutritious Friend:  
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
2  Assorted Cereals or Cereal Bar with Graham Crackers	3  Assorted muffins  Assorted Cereals Or Cereal Bar With Graham Crackers	4  Blueberry Loaf  Assorted Cereals or Cereal Bar with Graham Crackers	5  Assorted Cereals or Cereal Bar with Graham Crackers	6  Un crustable  Assorted Cereals or Cereal Bar with Graham Crackers
9  Full Act Day	10  Assorted Cereals or Cereal Bar with Graham Crackers	11  Breakfast Bar  Assorted Cereals or Cereal Bar with Graham Crackers	12  Assorted Cereals or Cereal Bar with Graham Crackers	13  Banana Bread  Assorted Cereals or Cereal Bar with Graham Crackers
16 	17  Assorted Cereals or Cereal Bar with Graham Crackers	18  Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	19  Assorted Cereals or Cereal Bar with Graham Crackers	20  Pop Tarts  Assorted Cereals or Cereal Bar with Graham Crackers
23  Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers	24  Assorted Cereals or Cereal Bar with Graham Crackers	25  Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	26  Assorted Cereals or Cereal Bar with Graham Crackers	27  Lemon Loaf  Assorted Cereals or Cereal Bar with Graham Crackers

**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**  
*(served with graham crackers)*  
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 white, fat-free chocolate,

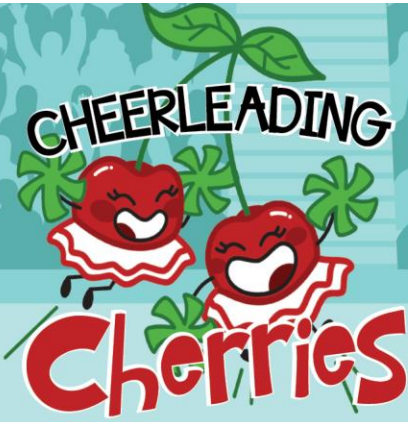
**(V) Vegetarian**  
*These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg*

**(VG) Vegan**  
*These items do not contain any animal products*

**Your Team**  
Lou Kluck, General Manager  
570-735-8534  
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**Meal Prices**  
Adult Breakfast \$3.00





**Meet Your Nutritious Friend:  
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Meatball &amp; Gravy</p> <p><b>FEATURED VEGGIES</b> Rice Vegetable</p>	<p>3</p> <p>Nacho Grande</p> <p><b>FEATURED VEGGIES</b> Carrots</p>	<p>4</p> <p>Chicken Mashed Potato Bowl</p> <p><b>FEATURED VEGGIES</b> Mashed Potatoes Corn</p>	<p>5</p> <p>Ham &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Chips Baby Carrots</p>	<p>6</p> <p>Italian Dunkers</p> <p><b>FEATURED VEGGIES</b> Vegetable Cucumbers</p>
<p>9</p> <p>FULL ACT 80 DAY</p>	<p>10</p> <p>Chicken Nuggets</p> <p><b>FEATURED VEGGIES</b> Fries Vegetable</p>	<p>11</p> <p>Hot Dogs</p> <p><b>FEATURED VEGGIES</b> Baked Beans Tots</p>	<p>12</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>FEATURED VEGGIES</b> Carroteenies Pickles</p>	<p>13</p> <p>Macaroni &amp; Cheese</p> <p><b>FEATURED VEGGIES</b> Vegetable</p>
<p>16</p>	<p>17</p> <p>Corn Dogs</p> <p><b>FEATURED VEGGIES</b> Baked Beans</p>	<p>18</p> <p>Fish Sticks</p> <p><b>FEATURED VEGGIES</b> Vegetable Cucumber</p>	<p>19</p> <p>Chicken Tenders</p> <p><b>FEATURED VEGGIES</b> Fries Vegetable</p>	<p>20</p> <p>Pierogies</p> <p><b>FEATURED VEGGIES</b> Vegetable</p>
<p>23</p> <p>Cheeseburger</p> <p><b>FEATURED VEGGIES</b> Fries Green Beans</p>	<p>24</p> <p>Beef Soft Tacos</p> <p><b>FEATURED VEGGIES</b> Salsa Corn</p>	<p>25</p> <p>Breakfast for Lunch</p> <p><b>FEATURED VEGGIES</b> Hash Brown Sausage</p>	<p>26</p> <p>Chicken Patty</p> <p><b>FEATURED VEGGIES</b> Curly Fries Apple Cider Slaw</p>	<p>27</p> <p>Pizza</p> <p><b>FEATURED VEGGIES</b> Hot Vegetable Cucumbers</p>

**What is a Meal?**  
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.

**Choice of Vegetable**  
Hot vegetable, seasonal fresh vegetables

**Choice of Fruit**  
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

**Choice of Milk**  
1% white, fat-free white, fat-free chocolate,

**Daily Alternates**  
PB&J

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These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

**(VG) Vegan**  
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**Meal Prices**  
Adult Lunch \$4.85

