

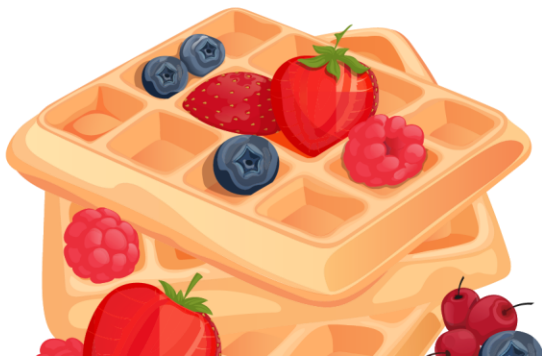




Monday	Tuesday	Wednesday	Thursday	Friday	<p>What is a Meal?</p> <p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals <i>(served with graham crackers)</i></p> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, fat-free chocolate, , fat-free strawberry</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>
<p>2</p> <p>Breakfast Bar</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>3</p> <p>Blueberry Loaf</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>4</p> <p>Donuts</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>5</p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>6</p> <p>Apple Strudel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>9</p> <p>FULL ACT 80 DAY STUDENTS</p>	<p>10</p> <p>Pop Tart</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>11</p> <p>Donuts</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>12</p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>13</p> <p>Lemon Loaf</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>16</p> 	<p>17</p> <p>Breakfast Bar</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>18</p> <p>Banana Bread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>19</p> <p>Fruit Smoothie</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>20</p> <p>Cinnamon Bun</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>23</p> <p>Assorted Muffins</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>24</p> <p>Blueberry Loaf</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>25</p> <p>Donuts</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>26</p> <p>Breakfast Sandwich</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>27</p> <p>Breakfast Bar</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>Your Team</p> <p>Lou Kluck, General Manager 50-735-8534 ma1102@metzcorp.com</p>		<p>Meal Prices</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	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, leafy salad, composed bean salad, 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, fat-free strawberry Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
Daily Offerings: Chef Fresh Salads, Sandwiches, Hoagies & Wraps					
2 Buffalo Chicken Sandwich Or Corn Dog FEATURED VEGGIES Cucumber	3 Nachos Grande Or Chicken Patty FEATURED VEGGIES Fries Pepper Strips	4 Chicken Mashed Potato Bowl Or Pizza FEATURED VEGGIES Mashed Potatoes Corn	5 Cheesesteak Or Turkey Melt on Pretzel Bun FEATURED VEGGIES Tomato Soup Celery Sticks	6 Italian Dunkers Or Pizza FEATURED VEGGIES Baby Carrots Broccoli Salad	
Daily Offerings:					
9 Full Act 80 Day No Students	10 Chicken Burrito Bowl Or Baked Potato Bar FEATURED VEGGIES Celery Sticks Pepper Strips	11 Chicken Nugget Or Pizza FEATURED VEGGIES Fries Sliced Cucumbers	12 Brunch for Lunch Or Pizza FEATURED VEGGIES Hash Brown Fresh Grape Tomatoes	13 Build Your Own Burger Or Pizza FEATURED VEGGIES Side Salad Grape Tomato	
Daily Offerings: Chef Fresh Salads, Sandwiches, Hoagies & Wraps					
16 	17 Soft Taco Bar Or BBQ Pork Sandwich FEATURED VEGGIES French Fries Pepper Strips	18 Chicken Quesadilla Or Pizza FEATURED VEGGIES Salsa Rice	19 Roast Chicken Dinner Or Cheeseburger FEATURED VEGGIES Mashed Potatoes Side Salad	20 Pierogies Or Chicken Cheesesteak FEATURED VEGGIES Cucumbers Baby Carrots	
Daily Offerings:					
23 Pork Tacos Or Spicy Chicken Patty FEATURED VEGGIES Celery Sticks Garden Side Salad	24 Tatar Tot Bowl Or Pizza FEATURED VEGGIES Baby Carrots Salsa	25 Ramen Bowl Or BBQ Ribby FEATURED VEGGIES Pepper Strips	26 Jacked up Fries Or Pizza FEATURED VEGGIES Fries Fresh Cucumbers	27 Grilled Cheese Or Peppersteak Noodle Bowl FEATURED VEGGIES Caesar Side Salad	
Your Team Lou Kluck, General Manager 570-735-8534 ma1102@metzcorp.com		Meal Prices Adult Lunch Lunch \$4.85			

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