



**Meet Your Nutritious Friend:  
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers		
6 	7 Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	8 Iced Cinnamon Roll  Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	10 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers
13 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	14 Banana Bread  Assorted Cereals or Cereal Bar with Graham Crackers	15 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers
20 Iced Cinnamon Roll  Assorted Cereals or Cereal Bar with Graham Crackers	21 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers	22 Waffle Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	24 Blueberry Bread  Assorted Cereals or Cereal Bar with Graham Crackers
27 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	28 Apple Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	29 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast  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 1/2 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 chocolate

**Your Team**  
Emily Biechy, General Manager  
570.655.2836 ext. 2351  
[emily.biechy@metzcorp.com](mailto:emily.biechy@metzcorp.com)

**Meal Prices**  
Student Breakfast \$0.00  
Faculty Breakfast \$3.00

