



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	3 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers	4	5 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	6 Banana Bread  Assorted Cereals or Cereal Bar with Graham Crackers
9 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	10 Glazed Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	11 Belgian Waffle Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	13 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers
16 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	17 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers	18 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	20 Banana Bread  Assorted Cereals or Cereal Bar with Graham Crackers
23 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	24 Glazed Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	25 Belgian Waffle Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	26 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	27 Assorted Muffins  Assorted Cereals or Cereal Bar with Graham Crackers
30 Mini Blueberry Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	31 Assorted Muffins  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 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

