

Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> 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.  <b>OFFERED DAILY:</b>  <b>Whole Grain Cereals</b> <i>(served with graham crackers)</i>  <b>Assorted Cereal Bars</b>  <b>Honey Wheat Bagel</b>  <b>Fruit &amp; Yogurt Parfait w/Granola</b>  <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 chocolate
				1  Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	
4  Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	5  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	6  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	7  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	8  Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	
11  Mini Blueberry Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	12  Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	13  Egg & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	14  Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	15  Waffle Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	
18  Glazed Dunkin Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	19  	20  Egg & Cheese on Pretzel Roll  Assorted Cereals or Cereal Bar with Graham Crackers	21  French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	22  Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	
25  	26  Yogurt Parfait  Assorted Cereals or Cereal Bar with Graham Crackers	27  Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	28  Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	29  Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers	
<b>Your Team</b> Emily Biechy, General Manager 570.655.2836 ext. 2351 <a href="mailto:emily.biechy@metzcorp.com">emily.biechy@metzcorp.com</a>		<b>Meal Prices</b> Student Breakfast \$0.00 Faculty Breakfast \$3.00			

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

