









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 chocolate Daily Alternates Fresh Entree Salad of the Week Weekly Cold Cut Sandwiches or Wraps
 Buffalo Chicken Salad with Bread Stick or Turkey & Cheese Pretzel Sandwich					
4 Chicken & Waffles Pepperoni Pizza FEATURED VEGGIES Green Beans Baby Carrots	 Fajita Burger Buffalo Chicken Pizza FEATURED VEGGIES Mexican Corn Broccoli Florets	6 Breakfast for Lunch: French Toast Sticks w/Turkey Sausage Pepperoni Pizza FEATURED VEGGIES Hashbrowns Mandarin Side Salad	7 Homemade Mac & Cheese Chicken Bacon Ranch Pizza FEATURED VEGGIES Steamed Mixed Veggies Tomato Mozzarella Salad	8 Bosco Sticks Pepperoni Pizza FEATURED VEGGIES Roasted Sweet Potato Sliced Cucumbers	
 Chef Salad with Bread Stick or Walking Taco Craveable					
11 Orange Chicken with Brown Rice Hawaiian Pizza FEATURED VEGGIES Baked Beans Broccoli Salad	12 BBQ Pulled Pork Pepperoni Pizza FEATURED VEGGIES Steamed Green Beans Side Caesar Salad	13 Grilled Ham & Cheese Sandwich Pepperoni Pizza FEATURED VEGGIES Steamed Corn Baby Carrots	 14 Teriyaki Pineapple Chicken Philly Steak Pizza FEATURED VEGGIES Vegetable Lo Mein Steamed Mixed Veggies	15 Pizza Crunchers Pepperoni Pizza FEATURED VEGGIES Roasted Asparagus Celery Sticks	
 Crispy Chicken Salad with Bread Stick or Yogurt & Bagel Craveable					
18 Popcorn Chicken Buttered Noodles Pepperoni Pizza FEATURED VEGGIES Steamed Mixed Veggies Garden Side Salad		20 Pasta Bar Pepperoni Pizza FEATURED VEGGIES Steamed Broccoli Chickpea Salad	21 Breakfast for Lunch: Pancakes w/Turkey Sausage Buffalo Chicken Pizza FEATURED VEGGIES Breakfast Potatoes Celery Sticks	22 Early Dismissal Bagged Lunches PB&J or Ham & Cheese	
 Chicken Caesar Salad with Bread Stick or Peanut Butter & Jelly Sandwich					
	26 Jalapeno Popper Dog Pepperoni Pizza FEATURED VEGGIES Steamed Broccoli Sliced Cucumbers	27 Meatball Parm Griller Chicken Bacon Ranch Pizza FEATURED VEGGIES Baked Beans Cole Slaw	28 Chef's Choice FEATURED VEGGIES Chef's Choice	29 Chef's Choice FEATURED VEGGIES Chef's Choice	
Your Team Emily Biechy, General Manager 570.655.2836 ext. 2351 emily.biechy@metzcorp.com					
Meal Prices Student Lunch \$0.00 Faculty Lunch \$5.00					
					



BAGGED LUNCHES WILL BE AVAILABLE FOR GRAB & GO ON EARLY DISMISSAL DAYS

MEALS ARE SERVED COLD & ARE NOT TO BE EATEN ON THE BUS.



Bagged lunches are a full reimbursable meal.



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

