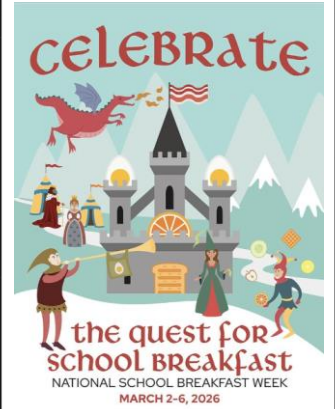


Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes & Bacon  Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	4 Glazed Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	5 Scrambled Eggs & Sausage  Assorted Cereals or Cereal Bar with Graham Crackers	6 Waffle Sticks  Assorted Cereals or Cereal Bar with Graham Crackers
9 Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	11 Oatmeal Bar  Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Banana Split  Assorted Cereals or Cereal Bar with Graham Crackers
16 Pancakes & Bacon  Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	18 Oatmeal Bar  Assorted Cereals or Cereal Bar with Graham Crackers	19 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	20 Waffle Sticks  Assorted Cereals or Cereal Bar with Graham Crackers
23 Cinnamon Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	24 Scrambled Eggs & Sausage  Assorted Cereals or Cereal Bar with Graham Crackers	25 Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	26 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	27 Breakfast Banana Split  Assorted Cereals or Cereal Bar with Graham Crackers
30 Mini Blueberry Donut Holes  Assorted Cereals or Cereal Bar with Graham Crackers	31 Breakfast Pizza  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



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

