

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2	3	4	5	6	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals Cinnamon Toast Crunch, Cocoa Puffs, Mini Wheats</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, chocolate, and strawberry</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
9					
16					
23					
30					
<p>Ariel Cowperthwait, General Manager 570.562.2121 ext. 1174 ma1156@metzcorp.com</p>			<p>Meal Prices Student Breakfast FREE Faculty Breakfast \$3.00</p>		

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



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2	3	4	5	6	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.
Chef's Choice FEATURED VEGGIES Fresh Veggies TBD	Chef's Choice FEATURED VEGGIES Fresh Veggies TBD	Chef's Choice FEATURED VEGGIES Fresh Veggies TBD	Chef's Choice FEATURED VEGGIES Fresh Veggies TBD	Chef's Choice FEATURED VEGGIES Fresh Veggies TBD	
					13
					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, chocolate, and strawberry
					20
					Daily Alternates Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
					27
					(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
Ariel Cowperthwait, General Manager 570.562.2121 ext. 1174 ma1156@metzcorp.com			Meal Prices Student Breakfast FREE Faculty Breakfast \$4.75		

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