



Meet Your Nutritious Friend:  
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1  ★ Happy ★ <b>LABOR DAY</b> ★ ★ ★ ★ ★	2  <b>Welcome Back!!</b>	3  Chocolate Chip Muffin & Cheese Stick  Assorted Cereals with Graham Crackers	4  Chocolate Chip French Toast  Assorted Cereals with Graham Crackers	5  Powdered Donut  Assorted Cereals with Graham Crackers
8  Glazed Dunkin Sticks  Assorted Cereals with Graham Crackers	9  Breakfast Pizza  Assorted Cereals with Graham Crackers	10  Banana Muffin & Cheese Stick  Assorted Cereals with Graham Crackers	11  Cinnamon Crunch Toast French Toast  Assorted Cereals with Graham Crackers	12  Fruit Loop Waffle  Assorted Cereals with Graham Crackers
15  Mini Maple Pancakes  Assorted Cereals with Graham Crackers	16  Breakfast Pizza  Assorted Cereals with Graham Crackers	17  Double Chocolate Muffin & Cheese Stick  Assorted Cereals with Graham Crackers	18  Chocolate Chip French Toast  Assorted Cereals with Graham Crackers	19  Apple Strudel  Assorted Cereals with Graham Crackers
22  Mini Cinni Rolls  Assorted Cereals with Graham Crackers	23  Breakfast Pizza  Assorted Cereals with Graham Crackers	24  Apple Cinnamon Muffin & Cheese Stick  Assorted Cereals with Graham Crackers	25  Cinnamon Crunch Toast French Toast  Assorted Cereals with Graham Crackers	26  Chocolate Donut  Assorted Cereals with Graham Crackers
29  Mini Maple Pancakes  Assorted Cereals with Graham Crackers	30  Breakfast Pizza  Assorted Cereals with Graham Crackers	1  Double Chocolate Muffin & Cheese Stick  Assorted Cereals with Graham Crackers	2  Chocolate Chip French Toast  Assorted Cereals with Graham Crackers	3  Apple Strudel  Assorted Cereals 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)

## Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

## Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

## (V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

## (VG) Vegan

These items do not contain any animal products

Ariel Cowperthwait, General Manager  
570.562.2121 ext. 1174  
[ma1156@metzcorp.com](mailto:ma1156@metzcorp.com)

## Meal Prices

Student Breakfast  
Reduced Breakfast  
Faculty Breakfast

FREE  
FREE  
\$3.00





Meet Your Nutritious Friend:  
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1  *Happy* <b>LABOR DAY</b> *****	2  <b>Welcome Back!!</b>	3  Cheeseburger or Mini Corn Dogs  <b>FEATURED VEGGIES</b> Steamed Broccoli Carrot Sticks	4  Hot Ham & Cheese on Pretzel Roll or Chicken Tenders with Roll  <b>FEATURED VEGGIES</b> Baked Beans Mandarin Spring Salad	5  Cheese Pizza Sticks with Dipping Sauce (V) or Hot Dog on a Bun  <b>FEATURED VEGGIES</b> Oven Roasted Zucchini Carrot & Raisin Salad
8  Chicken Nuggets with Roll Or Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Tater Tots Carrot Sticks	9  Beef Soft Tacos Or Cheeseburger  <b>FEATURED VEGGIES</b> Refried Beans Lettuce & Tomato	10  Popcorn Chicken Bow with a Dinner Roll Or Mini Corn Dogs  <b>FEATURED VEGGIES</b> Steamed Golden Corn Broccoli Salad	11  Corn Dog Or Chicken Tenders with Roll  <b>FEATURED VEGGIES</b> Curly Fries Apple Cider Slaw	12  Pepperoni Pizza or Hot Dog on a Bun  <b>FEATURED VEGGIES</b> Oven Browned Sweet Potato Corn Salad
15  Classic Sloppy Joe on Brioche Roll Or Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Oven Fries Chickpea Salad	16  Walking Taco with Pretzel Stick Or Cheeseburger  <b>FEATURED VEGGIES</b> Mexicali Corn Tomato & Onion Salad	17  Cheesesteak on a Roll Or Mini Corn Dogs  <b>FEATURED VEGGIES</b> Tater Tots Ranchero Carrots	18  Chicken Alfredo over Penne Pasta with Garlic Bread Or Chicken Tenders with Roll  <b>FEATURED VEGGIES</b> Steamed Broccoli Celery Sticks with Ranch	19  Fiestada Pizza or Hot Dog on a Bun  <b>FEATURED VEGGIES</b> Cherry Tomatoes Cucumber Slices
22  Chicken & Mashed Potato Bowl with Roll Or Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots	23  Nachos Grande over Tortilla Chips Or Cheeseburger  <b>FEATURED VEGGIES</b> Latin-Inspired Beans Golden Corn	24  French Toast Sticks with Sausage Patties Or Mini Corn Dogs  <b>FEATURED VEGGIES</b> Tri Patty Taters Carrot Sticks	25  Mac & Cheese (V) Or Chicken Tenders with Roll  <b>FEATURED VEGGIES</b> Steamed Tomatoes Apple Cider Slaw	26  Cheesy Pizza (V) or Hot Dog on a Bun  <b>FEATURED VEGGIES</b> Steamed Green Beans Baby Carrots
29  Popcorn Chicken with Roll Or Chicken Patty Sandwich  <b>FEATURED VEGGIES</b> French Fries Baby Carrots	30  Beef & Cheese Quesadilla Or Cheeseburger  <b>FEATURED VEGGIES</b> Latin-Inspired Beans Tomato Salad	1  Egg & Cheese Waffle Flatbread Sandwich (V) Or Mini Corn Dogs  <b>FEATURED VEGGIES</b> Hash Brown Potato Fresh Cucumber Slices	2  Chicken Patty on a Bun Or Chicken Tenders with a Roll  <b>FEATURED VEGGIES</b> Steamed Corn Romaine Salad	3  Toasted Pizza Flatbread Sandwich or Hot Dog on a Bun  <b>FEATURED VEGGIES</b> Diced Tomatoes Roasted Zucchini

## 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, fat-free strawberry

## Daily Alternatives by week:

3<sup>th</sup>-5<sup>th</sup>: Garden Salad with Goldfish & Roll (V)

8<sup>th</sup>-12<sup>th</sup>: Super Fruit Craveable (V)

15<sup>th</sup>-19<sup>th</sup>: Turkey & Cheese Wrap

22<sup>nd</sup>-26<sup>th</sup>: Soft Pretzel Craveable (V)

29<sup>th</sup>-3<sup>rd</sup>: Breadstick Dipper Craveable (V)

Served Daily: Cheese Sandwich and Sun Butter Uncrustable

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

Ariel Cowperthwait, General Manager  
570.562.2121 ext. 1174  
[ma1156@metzcorp.com](mailto:ma1156@metzcorp.com)

## Meal Prices

Student Lunch	FREE
Reduced Lunch	FREE
Faculty Lunch	\$4.85



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES