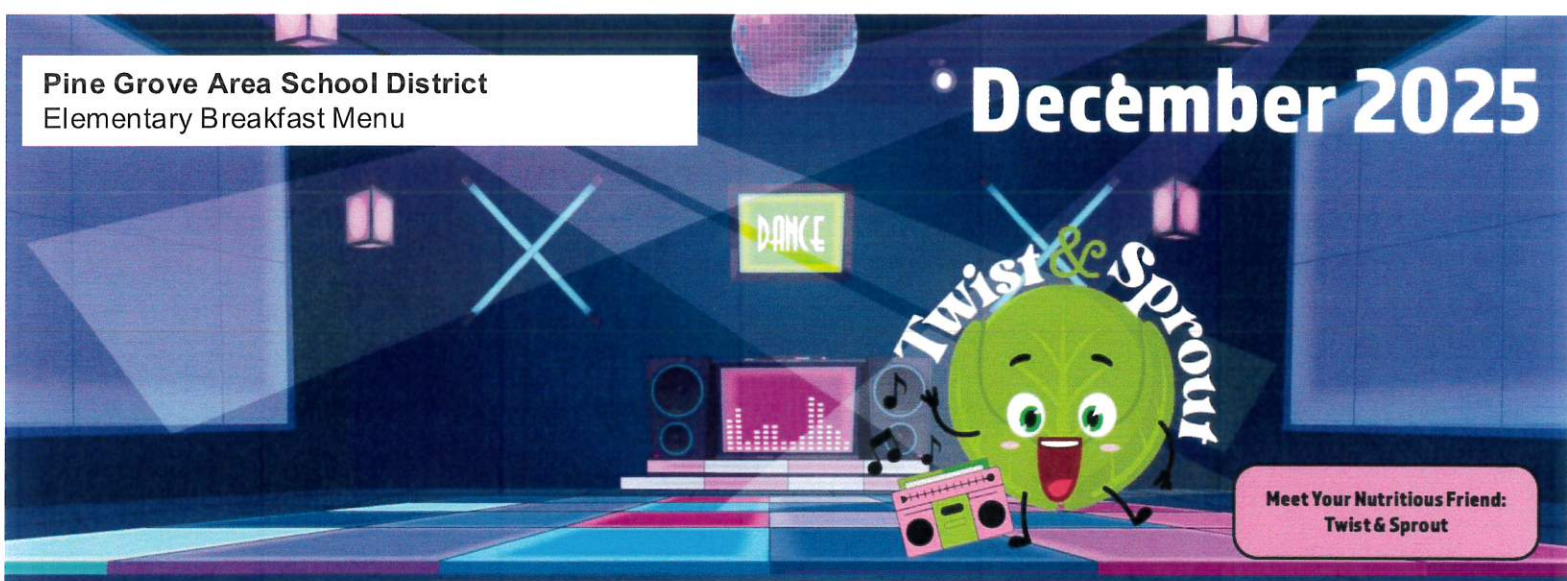




Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	3 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	4 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	5 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
8 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	9 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	11 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	12 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
15 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	16 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	18 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers
22 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	23 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	24 No Lunch Christmas Break	25 No Lunch Christmas Break	26 No Lunch Christmas Break
29 No Lunch Christmas Break	30 No Lunch Christmas Break	31 No Lunch Christmas Brea		

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)

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 white, fat-free chocolate, fat-free vanilla, 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

Your Team

Bernie Kelly, General Manager
570.345.2731 ext. 357
ma1116@metzcorp.com

Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.85

