



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	No School
10	11	12	13	14
Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
17	18	19	20	21
Pizza Bagel Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers
24	25	26	27	28
Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	No School Thanksgiving	No School

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES