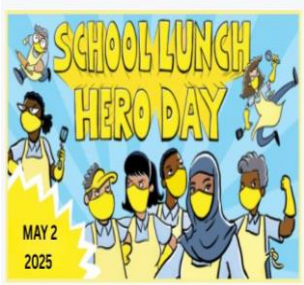





**Meet Your Nutritious Friend:  
Arctic Artichoke**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1 Bagel with Cream Cheese	2 <b>SCHOOL LUNCH HERO DAY</b> Assorted Pop-Tarts with String Cheese	<p><b>What is a Meal?</b> Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (served with toast)</b> Cinnamon Toast Crunch, Cocoa Puffs, Rice Crunch, Cheerios, Froot Loops, Frosted Flakes, Lucky Charms</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free chocolate</p> 
5 Assorted Cereal Bars with Low Fat Yogurt	6 Apple Frudel	7 Mini Donuts	8 Pancake Sausage Stick	9 Assorted Muffins	
Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	
12 Banana Bread	13 Breakfast Pizza Bagel	14 Fruit and Yogurt Parfait	15 Mini Cinnamon Rolls	16 Dutch Waffle	
Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	
19 Glazed Dunkin Sticks	20 Cheese Omelet	21 Assorted Pop-Tarts with String Cheese	22 Breakfast Pizza Bagel	23 Assorted Muffins	
Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	
26 <b>NO SCHOOL</b> 	27 Assorted Cereal Bars with Low Fat Yogurt	28 Fruit and Yogurt Parfait	29 Bagel with Cream Cheese	30 Mini Donuts	
	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	Assorted Cereals with Graham Crackers	

**Marissa Janesko, General Manager**  
570.585.5300 ext. 3509  
[ma1113@metzcorp.com](mailto:ma1113@metzcorp.com)

**Meal Prices:**  
**BREAKFAST IS FREE FOR ALL STUDENTS!!!**

