



Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <div>Students must choose at least 3 of the 4 components available for the school breakfast price.</div> <div><div>- Choice of Whole Grain</div><div>- Choice of Protein</div><div>- Choice of Fruit or Vegetable</div><div>- Choice of Milk</div></div> <div>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</div> <div><div>Whole Grain Cereals</div><div>(served with graham crackers)</div><div>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</div></div> <div><div>Choice of Fruit</div><div>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</div></div> <div><div>Choice of Milk</div><div>1% white, fat-free chocolate,</div></div> <div><div>(V) Vegetarian</div><div>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</div></div> <div><div>(VG) Vegan</div><div>These items do not contain any animal products</div></div>
1	2	3	4	5	
	Egg & Cheese Croissant	Cherry Strudel	Chocolate Chip French Toast	Strawberries & Cream Overnight Oats Cup with Graham Crackers	
	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza	
8	9	10	11	12	
Glazed Dunkin Sticks	Egg, Sausage & Cheese Bagel	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Banana Bread	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
15	16	17	18	19	
Mini Maple Pancakes	Egg, Sausage & Cheese Maple Flatbread	Breakfast Pizza	Chocolate Chip French Toast	Apple Strudel	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
22	23	24	25	26	
Mini Cinni Rolls	Bacon, Egg & Cheese Croissant	Apple Pie Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Breakfast Banana Split	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Pancake & Sausage on a Stick	Assorted Cereals or Cereal Bar with Graham Crackers	Blueberry Muffins	
29	30	1	2	3	
Mini Maple Pancakes	Breakfast Burrito	Egg, Sausage & Cheese Maple Flatbread	Chocolate Chip French Toast	Apple Strudel	
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	
<div><div><div>Tina Werner, General Manager</div><div>814-542-2518 ext. 126</div><div>Ma1037@metzcorp.com</div></div><div><div>Meal Prices</div><div>Student Breakfast</div><div>Extra Breakfast</div><div>Faculty Breakfast</div></div><div><div>Free</div><div>\$1.50</div><div>\$3.00</div></div><div></div><div></div></div>					

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



Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> 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.  <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free chocolate,  <b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps  <b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
1	2 Orange Chicken with Scallions over Fried Rice  <b>FEATURED VEGGIES</b> Sesame Green Beans Strawberry Spinach Salad	3 County Fair Corn Dog  <b>FEATURED VEGGIES</b> BBQ Baked Beans Steamed Mixed Veggies	4 Classic Italian Super Sub  <b>FEATURED VEGGIES</b> Sidewinder Fries Tomato Mozzarella Salad	5 Buffalo Chicken Dip with Tortilla Chips  <b>FEATURED VEGGIES</b> Lemon-Parmesan Broccoli Baby Carrots	
8 Hand-Rolled Meatballs  Spaghetti Marinara (V)  Garlic Knot <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Tomato Mozzarella Salad	9 Beef or Chicken Nachos Grande with Yogurt Cumin Crème  <b>FEATURED VEGGIES</b> Ranch Refried Bean Dip Fresh Pico de Gallo	10 Hawaiian Pork Sandwich on Toasted Ciabatta  <b>FEATURED VEGGIES</b> Sweet Potato Fries Fresh Pineapple Slaw	11 Fresh Dough Classic Stromboli Roll with Marinara  <b>FEATURED VEGGIES</b> Zucchini Parmesan Soup Caesar Salad	12 Buffalo Chicken Flatbread  <b>FEATURED VEGGIES</b> Tri Hash Brown Fresh Cucumbers	
15	16	17	18	19	
Chicken Nuggets with Buttered Noodles  <b>FEATURED VEGGIES</b> Cheesy Carrot Casserole Broccoli Salad	Birria Pork Tacos with Pickled Onions, Birria Broth & Fresh Pico Nachos with Ranch Refried Bean Dip (V)  <b>FEATURED VEGGIES</b> Steamed Golden Corn Baby Carrots	Smoky Turkey Chili with Warm Cornbread  <b>FEATURED VEGGIES</b> Curried Chickpea Salad Fresh Cauliflower	Variety of Toasted Crafted Flatbreads  Cheese Flatbread Quesadilla (V)  <b>FEATURED VEGGIES</b> Steamed Garden Peas Tomato Mozzarella Salad	Fish Sandwich on Whole Grain Bun  Cheese Quesadilla (V)  <b>FEATURED VEGGIES</b> Roasted BBQ Cauliflower Cilantro Lime Slaw	
22 Chicken Bruschetta Sandwich on Toasted Rosemary Focaccia Roll Mozzarella Bruschetta Sandwich (V) <b>FEATURED VEGGIES</b> Zoodles Marinara Fresh Bruschetta	23 Buffalo Chicken or Seasoned Steak over French Fries  <b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Tossed Salad	24 Hot Ham & Cheese Pretzel Melt  Nashville Hot Chicken Maple Flatbread <b>FEATURED VEGGIES</b> Sweet Potato Fries Chickpea Salad	25 Bacon Cheeseburger  Black Bean Burger (V)  <b>FEATURED VEGGIES</b> BBQ Baked Beans Coleslaw	26 Italian Dunkers with Marinara (V)  <b>FEATURED VEGGIES</b> Steamed Green Beans Tomato Mozzarella Salad	
29 General Tso's Chicken over Brown Rice Steamed Edamame over Brown Rice (V)  <b>FEATURED VEGGIES</b> Steamed Broccoli Cucumber Salad	30 Beef Enchilada Black Bean Enchilada (V)  <b>FEATURED VEGGIES</b> Curly Fries Black Bean Salsa	1 Popcorn Chicken Mashed Potato Bowl with Roll  <b>FEATURED VEGGIES</b> Steamed Corn Broccoli Salad	2 Grilled Ham & Cheese Sandwich Classic Toasted Cheese Sandwich (V)  <b>FEATURED VEGGIES</b> Tomato Soup Celery Sticks	3 Chicken Patty On a Bun  Eggplant Stack Sandwich (V) <b>FEATURED VEGGIES</b> Glazed Carrots Cucumber & Tomato Salad	
<b>Meal Prices</b> Tina Werner, General Manager 814-542-2518 ext. 126 <a href="mailto:ma1037@metzcorp.com">ma1037@metzcorp.com</a>  Student Lunch Free Extra Lunch \$3.00 Faculty Lunch \$4.85					 

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