



Monday	Tuesday	Wednesday	Thursday	Friday	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 Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Chex 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 Lactaid Milk available upon request (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
		1	2	3	
HAPPY SPRING BREAK!					
6 NO SCHOOL	7 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Pancake Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	10 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
13 Pancakes with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	14 Tie Dye Donuts Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg & Cheese Waffle Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	16 Homemade Oat & Fruit Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	17 Egg, Ham & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	
20 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	21 Waffles with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	22 Egg, Steak & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	24 NO SCHOOL	
27 French Toast Sticks With Syrup Assorted Cereals or Cereal Bar with Graham Crackers	28 Pancakes with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg & Cheese Waffle Assorted Cereals or Cereal Bar with Graham Crackers	30 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers		
Your Team Michael Carbone, General Manager 717.240.6800 ext. 26804 ma1154@metzcorp.com					
Meal Prices Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$2.95					

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

