



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>
2 Pancakes with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	3 Tie Dye Donuts Assorted Cereals or Cereal Bar with Graham Crackers	4 Egg & Cheese Waffle Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	5 Homemade Oat & Fruit Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	6 Egg, Ham, & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	
9 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	10 Waffles with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	11 Egg, Steak, & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
16 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	17 Pancakes with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg & Cheese Waffle Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	19 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	20 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
23 Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	25 Tie Dye Donuts Assorted Cereals or Cereal Bar with Graham Crackers	26 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	27 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
30 NO SCHOOL	31 NO SCHOOL				
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.

