


Monday	Tuesday	Wednesday	Thursday	Friday	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with graham crackers) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, lactose free white, fat-free chocolate</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
<p>2</p> <p>Glazed Donut Sticks</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>3</p> <p>Sausage, Egg & Cheese Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>4</p> <p>Egg, Sausage & Cheese Maple Flatbread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>5</p> <p>French Toast Sticks with Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>6</p> <p>Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>9</p> <p>Mini Maple Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>10</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>11</p> <p>Assorted Muffins & Breakfast Breads</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>12</p> <p>Chocolate Chip French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>13</p> <p>Egg & Cheese Biscuit</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>16</p> <p>Mini Cinni Rolls</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>17</p> <p>Sausage, Egg & Cheese Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>18</p> <p>Egg & Cheese Croissant</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>19</p> <p>French Toast Sticks with Syrup</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>20</p> <p>Breakfast Banana Split</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>23</p> <p>Mini Maple Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>24</p> <p>Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>25</p> <p>Egg, Sausage & Cheese Maple Flatbread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>26</p> <p>Chocolate Chip French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>27</p> <p>Egg & Cheese Biscuit</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>30</p> <p>Mini Cinni Rolls</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>31</p> <p>Sausage, Egg & Cheese Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>				
<p>Powered by Metz Culinary Management Brian Wallace, General Manager 717.948.3300 ext. 60010 ma1151@metzcorp.com</p>			<p>Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.85</p>		

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

