

**WHAT IS A BREAKFAST MENU**

You must choose at least 3 of the 4 components available for the school breakfast price

Choice of: Grain or grain/protein  
Choice of fruit or vegetable  
(must take at least 1/2 cup)  
and

Choice of Milk- 1% white, fat-free white,  
chocolate, vanilla and strawberry

NOTE: You must take at least 1/2 cup of fruit or vegetable

Fruit may include:

Canned peaches, applesauce, pears,  
pineapple, fruit cocktail, mandarin oranges,  
100% juice ( apple, orange), fresh fruit,  
selection including apples, bananas, and  
oranges

Whole grain Cereal Selection May Include:  
Cinnamon Toast Crunch

- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops
- Frosted Flakes



**\*MENU SUBJECT TO CHANGE**



**BONGO  
BLUEBERRIES**

Breakfast Prices  
Student \$1.55  
Reduced \$ .40  
Adult \$2.35  
**General Manager**

Lou Kluck  
**Phone Number**  
570-735-8534  
**Email**  
[ma1102@metzcorp.com](mailto:ma1102@metzcorp.com)

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>1</b></p>	<p><b>2</b></p> <p>Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>3</b></p> <p>French Toast</p> <p>or</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>4</b></p> <p>Churro</p> <p>or</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>5</b></p> <p>Donuts</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>
<p><b>8</b></p> <p>Dutch Waffle with syrup</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>9</b></p> <p>Apple Frudel</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>10</b></p> <p>Breakfast Sandwich on a Muffin</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>11</b></p> <p>French Toast</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>12</b></p> <p>Muffin</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>
 <p><b>15</b></p>	<p><b>16</b></p> <p><b>ACT 80 DAY NO STUDENTS</b></p>	<p><b>17</b></p> <p>Donut</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>18</b></p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>19</b></p> <p>French Toast</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>
<p><b>22</b></p> <p>Muffin</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>23</b></p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>24</b></p> <p>Pop Tarts</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>25</b></p> <p>Banana Bread</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>26</b></p> <p>Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>
<p><b>29</b></p> <p>Pancake on a Stick</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>30</b></p> <p>Scrambled Eggs with Toast</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>31</b></p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	