

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 <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios 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
3 French Toast Stick w/ Sausage Assorted Cereals or Cereal Bar with Graham Crackers	4 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	5 Peaches & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	6 Bacon Egg & Cheese English Muffin Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
10 No School	11 No School	12 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	13 Sausage Egg & Cheese on a Donut Assorted Cereals or Cereal Bar with Graham Crackers	14 Strawberry Overnight Oats Assorted Cereals or Cereal Bar with Graham Crackers	
17 Mini Maple Pancakes w/ Sausage Patty Assorted Cereals or Cereal Bar with Graham Crackers	18 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	19 Pumpkin Pie Smoothie with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	20 Ham Egg & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers	21 Early Dismissal Waffle, Egg, Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	
24 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	26 Early Dismissal Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	27 No School 	28 No School	
Your Team Kaitlin Hannigan, General Manager 5700.675.7458 ext. 2799 ma1124@metzcorp.com Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.94 					 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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

