



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, Blueberry Chex [GF] Lucky Charms [GF] Assorted Benefit Bars Warm Breakfast Sandwich Assorted Whole Grain Pop Tarts Strawberry, Cinnamon or Chocolate Fudge Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, dried fruits, 100% fruit juice Choice of Milk 1% white, 1% Chocolate, 1% Vanilla, 1% Strawberry *Lactose free fat-free vanilla, fat-free strawberry
2 Mini Blueberry Donut Holes Assorted Cereals Benefit/Granola Bars WG Pop Tarts	3 Cinnamon Roll Assorted Cereals Benefit/Granola Bars WG Pop Tarts	4 Egg & Cheese Croissant Assorted Cereals Benefit/Granola Bars WG Pop Tarts	5 Chocolate Chip French Toast Assorted Cereals Benefit/Granola Bars WG Pop Tarts	6 Strawberries & Cream Overnight Oats Cup w/ Graham Crackers Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
9 Tie Dye Iced Donut Assorted Cereals Benefit/Granola Bars WG Pop Tarts	10 Sausage Breakfast Pizza Assorted Cereals Benefit/Granola Bars WG Pop Tarts	11 WG Chocolate chip Muffin Assorted Cereals Benefit/Granola Bars WG Pop Tarts	12 French Toast Sticks with Syrup Assorted Cereals Benefit/Granola Bars WG Pop Tarts	13 Dutch Waffle Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
16 Mini Maple Pancakes Assorted Cereals Benefit/Granola Bars WG Pop Tarts	17 Breakfast Pizza Assorted Cereals Benefit/Granola Bars WG Pop Tarts	18 Sausage & Cheese Bagel Assorted Cereals Benefit/Granola Bars WG Pop Tarts	19 WG Banana Muffin Assorted Cereals Benefit/Granola Bars WG Pop Tarts	20 Cherry Strudel Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
23 Mini Cinni Rolls Assorted Cereals Benefit/Granola Bars WG Pop Tarts	24 Sausage Breakfast Pizza Assorted Cereals Benefit/Granola Bars WG Pop Tarts	25 Yogurt Fruit Smoothie Assorted Cereals Benefit/Granola Bars WG Pop Tarts	26 French Toast Sticks with Syrup Assorted Cereals Benefit/Granola Bars WG Pop Tarts	27 Breakfast Banana Split Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
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Metz Culinary Management

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

