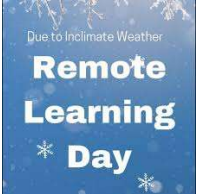




Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Blueberry Chex [GF] Lucky Charms [GF]  <b>Assorted Benefit Bars</b>  <b>Warm Breakfast Sandwich</b>  <b>Assorted Whole Grain Pop Tarts</b> Strawberry, Cinnamon or Chocolate Fudge  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, dried fruits, 100% fruit juice  <b>Choice of Milk</b> 1% white, 1% Chocolate, 1% Vanilla, 1% Strawberry  *Lactose free fat-free vanilla, fat-free strawberry
<b>2</b>  Mini Blueberry Donut Holes  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>3</b>  Cinnamon Roll  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>4</b>  Egg & Cheese Croissant  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>5</b>  Chocolate Chip French Toast  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>6</b>  Strawberries & Cream Overnight Oats Cup w/ Graham Crackers  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
<b>9</b>  Tie Dye Iced Donut  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>10</b>  Sausage Breakfast Pizza  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>11</b>  WG Chocolate chip Muffin  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>12</b>  French Toast Sticks with Syrup  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>13</b>  Dutch Waffle  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
<b>16</b>  Mini Maple Pancakes  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>17</b>   Breakfast Pizza  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>18</b>  WG Banana Muffin  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>19</b>  Cherry Strudel  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>20</b>  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
<b>23</b>  Mini Cinni Rolls  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>24</b>  Sausage Breakfast Pizza  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>25</b>  Yogurt Fruit Smoothie  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>26</b>  French Toast Sticks with Syrup  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	<b>27</b>  Breakfast Banana Split  Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
<b>30</b> 	<b>31</b> 				

**Metz Culinary Management**

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

