



**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
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6 	7 Blueberry Muffin Peaches Assorted WG Pop Tarts	8 Egg & Cheese Bagel Diced Pears Assorted WG Pop Tarts	9 Chocolate Chip French Toast Mandarin Oranges Assorted WG Pop Tarts	10 Apple Strudel Mixed Fruit Assorted WG Pop Tarts
13 Mini Cinni Rolls Flavored Craisins Assorted Cereals	14 Super Blueberry Bread Applesauce Cup Assorted Cereals	15 Chicken Sausage & Cheese Bagel Banana Assorted Cereals	16 Trix Flavored French Toast Whole Apple Assorted Cereals	17 Super Lemon Bread Diced Pineapple Assorted Cereals
20 Mini Blueberry Donut Holes Apple Slices Assorted Benefit Bars	21 Mini Cinnamon Bagel Bites Diced Peaches Assorted Benefit Bars	22 Egg & Cheese Croissant Diced Pears Assorted Benefit Bars	23 Chocolate Chip French Toast Mandarin Oranges Assorted Benefit Bars	24 Chocolate Covered Mini Donuts Mixed Fruit Assorted Benefit Bars
27 Glazed Dunkin Sticks Flavored Craisins Assorted WG Pop Tarts	28 WG Chocolate Muffin Applesauce Cup Assorted WG Pop Tarts	29 Egg & Cheese Bagel Banana Assorted WG Pop Tarts	30 CTC French Toast Whole Apple Assorted WG Pop Tarts	

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 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms [GF]

Assorted Benefit Bars

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

Metz Culinary Management

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