



**Meet Your Nutritious Friend:
Cheerleading Cherries**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Donut Sticks Assorted WG Pop Tarts	3 Assorted WG Muffins Assorted WG Pop Tarts	4 Egg & Cheese Bagel Assorted Cereals	5 Chocolate Chip French Toast Assorted Cereals	6 Strawberry Mini Pancakes Assorted Cereals
9 2-HOUR DELAY Assorted Benefit Bars	10 Super Banana Bread or Super Blueberry Bread Assorted Benefit Bars	11 Egg & Cheese Croissant Assorted Benefit Bars	12 Mini Strawberry Bagel Bites Assorted Benefit Bars	13 Powdered Sugar Donuts Assorted Benefit Bars
16 	17 Blueberry Muffin Assorted WG Pop Tarts	18 Egg & Cheese Bagel Assorted WG Pop Tarts	19 Chocolate Chip French Toast Assorted WG Pop Tarts	20 Apple Strudel Assorted WG Pop Tarts
23 Mini Cinni Rolls Assorted Cereals	24 Super Blueberry Bread Assorted Cereals	25 2-Hour Delay Assorted Cereals	26 Chicken Sausage & Cheese Bagel Assorted Cereals	27 Super Lemon Bread Assorted Cereals

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

Brian Beauregard, General Manager
724.214.3235
Brian.Beauregard@basdk12.org



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES