



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Blueberry Donut Holes Apple Slices Assorted Benefit Bars	3 Trix Flavored French Toast Diced Peaches Assorted Benefit Bars	4 Egg & Cheese Croissant Diced Pears Assorted Benefit Bars	5 Chocolate Chip French Toast & Mandarin Oranges Assorted Benefit Bars	6 Chocolate Covered Mini Donuts & Mixed Fruit Cup Assorted Benefit Bars
9 Glazed Dunkin Sticks Flavored Craisins Assorted WG Pop Tarts	10 WG Chocolate Muffin Applesauce Cup Assorted WG Pop Tarts	11 Egg & Cheese Bagel Banana Assorted WG Pop Tarts	12 CTC French Toast Apple Assorted WG Pop Tarts	13 Cherry Strudel Diced Pineapple Assorted WG Pop Tarts
16 Mini Maple Pancakes Apple Slices Assorted Cereals	17 WG Banana Muffin Diced Peaches Assorted Cereals	18 Chicken Sausage & Cheese Bagel & Diced Pears Assorted Cereals	19 Chocolate Chip French Toast Assorted Cereals	20 Strawberry Mini Pancake Puffs & Mixed Fruit Cup Assorted Cereals
23 Super Banana Bread Flavored Craisins Assorted Benefit Bars	24 Soft CTC Bar Applesauce Cup Assorted Benefit Bars	25 Egg & Cheese Croissant Banana Assorted Benefit Bars	26 Mini Strawberry Bagel bites Apple Assorted Benefit Bars	27 Powdered Sugar Mini Donuts & Diced Pineapple Assorted Benefit Bars
30 No School	31 No School			

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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