





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
		1 	2 	3 	
6 	7 Tie Dye Donut Assorted Cereals Benefit/Granola Bars WG Pop Tarts	8 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals Benefit/Granola Bars WG Pop Tarts	9 Chocolate Chip French Toast Assorted Cereals Benefit/Granola Bars WG Pop Tarts	10 Apple Strudel Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
13 Mini Cinni Rolls Assorted Cereals Benefit/Granola Bars WG Pop Tarts	14 Sausage Breakfast Pizza Assorted Cereals Benefit/Granola Bars WG Pop Tarts	15 Super Banana Bread Slice Assorted Cereals Benefit/Granola Bars WG Pop Tarts	16 French Toast Sticks w/ Syrup Assorted Cereals Benefit/Granola Bars WG Pop Tarts	17 Breakfast Banana Split Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
20 Mini Blueberry Donut Holes Assorted Cereals Benefit/Granola Bars WG Pop Tarts	21 Cinnamon Roll Assorted Cereals Benefit/Granola Bars WG Pop Tarts	22 Egg & Cheese Croissant Assorted Cereals Benefit/Granola Bars WG Pop Tarts	23 Chocolate Chip French Toast Assorted Cereals Benefit/Granola Bars WG Pop Tarts	24 Strawberries & Cream Overnight Oats Cup w/ Graham Crackers Assorted Cereals Benefit/Granola Bars WG Pop Tarts	
27 Tie Dye iced Donut Assorted Cereals Benefit/Granola Bars WG Pop Tarts	28 Sausage Breakfast Pizza Assorted Cereals Benefit/Granola Bars WG Pop Tarts	29 WG Chocolate Chip Muffin Assorted Cereals Benefit/Granola Bars WG Pop Tarts	30 French Toast Sticks w/ Syrup Assorted Cereals Benefit/Granola Bars WG Pop Tarts		

Metz Culinary Management

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

