

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Sausage Pizza Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	2 French Toast Sticks With Syrup Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	3 No School Spring Break
6 No School Spring Break	7 Egg & Cheese Croissant Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	8 Breakfast Sausage Pizza Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	9 French Toast Sticks with Syrup Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	10 Apple Strudel or Dutch Waffle (Funnel Cake) Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk
13 Strawberry Pancakes Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	14 Breakfast Burrito (egg, sausage patty and cheese wrapped in a tortilla) Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	15 Breakfast Sausage Pizza Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	16 French Toast Sticks with Syrup Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	17 Cinni Minis Or Dutch Waffle (Funnel Cake) Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk
20 Strawberry Pancakes Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	21 Egg, Sausage & Cheese Flatbread Sandwich Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	22 Breakfast Sausage Pizza Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	23 French Toast Sticks with Syrup Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	24 Apple Strudel or Dutch Waffle (Funnel Cake) Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk
27 Strawberry Pancakes Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	28 Breakfast Burrito (egg, sausage patty and cheese wrapped in a tortilla) Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	29 Breakfast Sausage Pizza Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	30 French Toast Sticks with Syrup Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk	5/1 Cinni Minis Or Dutch Waffle (Funnel Cake) Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk

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 Cereal Bars (served with Goldfish)
Cinnamon Toast Crunch, Trix, Cocoa Puffs

Whole Grain Cereals
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms

Whole Grain Donuts
Powdered and Chocolate Coated

Whole Grain Poptarts
Strawberry, Cinnamon and Chocolate Fudge

Choice of Fruit
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk
1% white, fat-free chocolate

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

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Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$3.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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

