

Monday	Tuesday	Wednesday	Thursday	Friday	<p>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.</p> <p>Whole Grain Cereal Bars (served with Goldfish) Cinnamon Toast Crunch, Trix, Cocoa Puffs</p> <p>Whole Grain Cereals Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms</p> <p>Whole Grain Donuts Powdered and Chocolate Coated</p> <p>Whole Grain Poptarts Strawberry, Cinnamon and Chocolate Fudge</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free chocolate</p> <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>
				<p>1</p> <p>Apple Strudel Or Dutch Waffle (funnel cake)</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	
<p>4</p> <p>Strawberry Pancakes</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>5</p> <p>Breakfast Burrito (egg, sausage patty and cheese wrapped in a tortilla)</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>6</p> <p>Breakfast Sausage Pizza</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>7</p> <p>French Toast Sticks With Syrup</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>8</p> <p>Cinni Minis Or Dutch Waffle (Funnel Cake)</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	
<p>11</p> <p>Strawberry Pancakes</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>12</p> <p>Egg & Cheese Croissant</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>13</p> <p>Breakfast Sausage Pizza</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>14</p> <p>French Toast Sticks with Syrup</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>15</p> <p>Apple Strudel or Dutch Waffle (Funnel Cake)</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	
<p>18</p> <p>Strawberry Pancakes</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>19</p> <p>Breakfast Burrito (egg, sausage patty and cheese wrapped in a tortilla)</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>20</p> <p>Breakfast Sausage Pizza</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>21</p> <p>French Toast Sticks with Syrup</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	<p>22</p> <p>Cinni Minis Or Dutch Waffle (Funnel Cake)</p> <p>Assorted Cereals, Donuts, Cereal Bars and Poptarts, Juice and Fruit Choice of Milk</p>	
<p>Your Team Tammy Vinglas, General Manager 814.447.5529 ext. 2336 ma1040@metzcorp.com</p>		<p>Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$3.00</p>			

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

