



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
2 Glazed Dunkin Sticks Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	3 Blueberry Muffin with Graham Cracker Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	4 Pancake with Turkey Sausage on a Stick Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	5 Chocolate Chip French Toast Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	6 Apple Strudel Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk
9 Mini Cinni Rolls Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	10 Chocolate Fudge Poptart Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	11 Egg & Cheese on Bagel Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	12 Froot Loop Waffles Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	13 Vanilla Birthday Pancakes Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk
16 Pd Sugar Donuts Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	17 Double Chocolate Chip Muffin with Graham Cracker Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	18 Pancake with Turkey Sausage on a Stick Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	19 Chocolate Chip French Toast Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	20 Apple Strudel Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk
23 Mini Cinni Rolls Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	24 Chocolate Donuts Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	25 Egg & Cheese on Bagel Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	26 Cherry Strudel Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk	27 Bagel Filled with Cinnamon Cream Cheese Assorted 100% Fruit Juice and Assorted Fruit Choice of Milk
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, Chex

Choice of Fruit

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

Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

Lactaid Milk available upon request

Cereal of the Day:

Served with Graham Cracker

Monday:

Cinnamon Toast Crunch

Tuesday:

Trix

Wednesday:

Cheerios (GF)

Thursday:

Cocoa Puffs

Friday:

Trix

(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

Michael Carbone, General Manager
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Meal Prices

Student Breakfast FREE
Reduced Breakfast FREE
Faculty Breakfast \$2.95



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES