



WEEKLY BREAKFAST MENU 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PRICES:

Regular Breakfast Price \$1.60
Reduced Breakfast Price \$0.30



FRUIT CHOICES

Apples-Oranges-Bananas
Fresh Fruit, Raisins and Canned Fruit
100% Fruit Juice

VEGETABLE CHOICES

100% Vegetable juice
Baby Carrots

CEREAL CHOICES

Assorted Bowl Packs
Assorted Cereal bars

ALACART ITEMS

Assorted Pop Tart Singles
Assorted Yogurts
Assorted Granola Bars
Yogurt Parfait \$2.50

MILK CHOICES - \$.50 EACH

SKIM
WHITE 1%
CHOCOLATE 1%
FAT FREE STRAWBERRY
FAT FREE VANILLA



A MEAL INCLUDES:

1 Entree
Unlimited sides of fresh fruit and vegetables
1 Milk



NOTE: MENU SUBJECT TO CHANGE

FOOD SERVICE CONTACT INFO

NOLEN FETCHKO
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VISIT OUR WEBSITE
www.mtlisd.org/foodservices
412-344-2014



HOT ENTREE

French Toast Sticks
Or
Assorted
Breakfast Sandwiches



DAILY OFFERINGS

Unlimited sides of fresh vegetables and fruit
Assorted Whole Grain Muffins
Assorted Whole Grain Cereal
Whole Grain Bagel
Assorted Milk Choices

HOT ENTREE

Scrambled Eggs with Potato Pancakes
Or
Breakfast Pizza
Or
Assorted
Breakfast Sandwiches

DAILY OFFERINGS

Unlimited sides of fresh vegetables and fruit
Assorted Whole Grain Muffins
Assorted Whole Grain Cereal
Whole Grain Bagel
Assorted Milk Choices

HOT ENTREE

Whole Grain Pancakes With a Sausage Patty
Or
Assorted
Breakfast Sandwiches



DAILY OFFERINGS

Unlimited sides of fresh vegetables and fruit
Assorted Whole Grain Muffins
Assorted Whole Grain Cereal
Whole Grain Bagel
Assorted Milk Choices

HOT ENTREE

Dutch Waffle
Or
Breakfast Pizza
Or
Assorted
Breakfast Sandwiches

DAILY OFFERINGS

Unlimited sides of fresh vegetables and fruit
Assorted Whole Grain Muffins
Assorted Whole Grain Cereal
Whole Grain Bagel
Assorted Milk Choices

HOT ENTREE

French Toast Sticks
Or
Assorted
Breakfast Sandwiches



DAILY OFFERINGS

Unlimited sides of fresh vegetables and fruit
Assorted Whole Grain Muffins
Assorted Whole Grain Cereal
Whole Grain Bagel
Assorted Milk Choices

SCHOOL BREAKFAST

STUDENT MEAL INCLUDES:

1 BREAKFAST ENTRÉE
UNLIMITED SIDES OF FRESH FRUIT/VEGGIES
1 MILK

STUDENT MEAL PRICE:
\$1.60

REDUCED STUDENT PRICE: \$.30

DID YOU KNOW...SCHOOL BREAKFAST HELPS KIDS LEARN?

- Improves math test scores
- Helps with comprehension and memory
- Helps with vocabulary scores
- Helps reduce the number of mistakes
- Improves attention and behavior



Encourage your child to join us every day for breakfast!



CHEF PREPARED DAILY
BREAKFAST ENTREES

AT THE HIGH SCHOOL

Food Service Department Mission Statement
The mission of the food service department is to promote good nutrition by providing quality meals while maintaining the highest level of customer satisfaction.