

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily						
			1	2	<p><b>What is a Meal?</b> Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p><b>Whole Grain Cereals (V)</b> <i>(Served with Graham Cracker)</i> Cinnamon Toast Crunch, Cocoa Puffs, Froot Loops, Frosted Flakes, Lucky Charms</p> <p><b>Whole Grain PopTarts (V)</b> <i>(Served with Graham Cracker)</i> Chocolate, Cinnamon, Strawberry</p> <p><b>Whole Grain Muffin/ Loaf (V)</b> <i>(Served with Graham Cracker)</i> Apple, Banana, Blueberry, Chocolate, Chocolate Chip</p> <p><b>Whole Grain Donuts/ Donut Holes/ Bagel (V)</b> Blueberry, Chocolate, Glazed, Powdered, Plain</p> <p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p><b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p><b>(VG) Vegan</b> <i>These items do not contain any animal products</i></p>						
5	6	7	8	9							
12	13	14	15	16							
19	20	21	22	23							
26	27	28	29	30							
<p>Sausage, Egg &amp; Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>Welcome Back!</p> <p>Sausage, Egg &amp; Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>	<p>Sausage, Egg &amp; Cheese on Whole Grain Bagel, WG Pancake Sausage Stick, WG Dutch Waffle (V)</p> <p>WG Breakfast Pizza, WG Pancakes (V), WG Waffles (V), Yogurt w/ Graham Crackers (V)</p>							
<p><b>Your Team</b> Jenna Ossler, General Manager 412.492.6390 <a href="mailto:ma1052@metzcorp.com">ma1052@metzcorp.com</a></p>			<p><b>Meal Prices</b></p> <table> <tr> <td>Student Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.50</td> </tr> </table>		Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.50	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

