



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p>2</p> <p>Labor Day</p> <p>NO SCHOOL</p>	<p>3</p> <p>Whole Grain Sausage Pancake on a Stick</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>4</p> <p>Whole Grain Soft Filled Cinnamon Toast Crunch</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>5</p> <p>Whole Grain Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>6</p> <p>Whole Grain Sausage Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>What is a Meal?</p> <p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (Served with Graham Cracker)</p> <p>Cinnamon Toast Crunch, Cocoa Puffs, Froot Loops, Frosted Flakes, Lucky Charms</p> <p>Whole Grain PopTarts (Served with Graham Cracker)</p> <p>Chocolate, Cinnamon, Strawberry</p> <p>Whole Grain Muffin/ Loaf (Served with Graham Cracker)</p> <p>Blueberry, Chocolate, Chocolate Chip</p> <p>Whole Grain Donuts/ Donut Holes</p> <p>Blueberry, Chocolate, Glazed, Powdered</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>(V) Vegetarian</p> <p><i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan</p> <p><i>These items do not contain any animal products</i></p>
<p>9</p> <p>Whole Grain Mini Cinni Rolls</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>10</p> <p>Sausage, Egg & Cheese on Whole Grain Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>11</p> <p>Whole Grain Mini French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>12</p> <p>Whole Grain Mini Waffles</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>13</p> <p>Whole Grain Egg & Sausage Bagel Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>16</p> <p>Whole Grain Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>17</p> <p>Whole Grain Sausage Pancake on a Stick</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>18</p> <p>Whole Grain Soft Filled Cinnamon Toast Crunch</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>19</p> <p>Whole Grain Dutch Waffle</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>20</p> <p>Whole Grain Sausage Breakfast Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>23</p> <p>Whole Grain Mini Cinni Rolls</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>24</p> <p>Sausage, Egg & Cheese on Whole Grain Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>25</p> <p>Whole Grain Mini French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>26</p> <p>Whole Grain Mini Waffles</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>27</p> <p>Whole Grain Egg & Sausage Bagel Pizza</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	
<p>30</p> <p>Whole Grain Mini Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>NOW HIRING</p> <p>Part Time & Substitute Positions</p> <p>Email: ma1052@metzcorp.com</p> <p>Today to Apply!</p>			<p>Reminder:</p> <p>Breakfast is Free for All Students!</p> <p>Must Select a Complete Reimbursable Meal</p>	

Your Team
Jenna Ossler, General Manager
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Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.50



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