



Meet Your Nutritious Friend:  
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p><b>NOW HIRING</b> Part Time &amp; Substitute Positions Email: ma1052@metzcorp.com</p>		<p>Reminder: Breakfast is Free for All Students! Must Select a Complete Reimbursable Meal</p>		<p>Professional Development NO SCHOOL</p>	<p><b>What is a Meal?</b> You 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 - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p>
4	5	6	7	8	
<p>Whole Grain Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Egg &amp; Sausage Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on WG Croissant Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Parent Teacher Conferences NO SCHOOL  Elementary Only</p>	<p><b>Whole Grain Cereals</b> (Served with <i>Graham Cracker</i>) Cinnamon Toast Crunch, Cocoa Puffs, Froot Loops, Frosted Flakes, Lucky Charms</p>
11	12	13	14	15	<p><b>Whole Grain PopTarts</b> Chocolate, Cinnamon, Strawberry</p>
<p>Whole Grain Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Sausage Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Sausage Pancake on Stick Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Soft Filled Cinnamon Toast Crunch Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>Whole Grain Muffin/ Loaf</b> (Served with <i>Graham Cracker</i>) Blueberry, Chocolate, Chocolate Chip</p>
18	19	20	21	22	<p><b>Whole Grain Donuts</b> Blueberry, Chocolate, Glazed, Powdered</p>
<p>Whole Grain Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Egg &amp; Sausage Bagel Pizza Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Sausage, Egg &amp; Cheese on WG Croissant Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p><b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit, 100% fruit juice</p>
25	26	27	28	29	<p><b>Choice of Milk</b> 1% white, fat-free white, chocolate, vanilla, and strawberry</p>
<p>Whole Grain Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Sausage Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Whole Grain Sausage Pancake on Stick Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>Thanksgiving Break NO SCHOOL</p>	<p>Thanksgiving Break NO SCHOOL</p>	<p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p>
<p><b>Your Team</b> Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com</p>			<p><b>Meal Prices</b> Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.50</p>		<p>(VG) Vegan These items do not contain any animal products</p>



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