


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

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

