


Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
<p><b>NOW HIRING</b></p> <p><b>Part Time &amp; Substitute Positions</b></p> <p>Email: <a href="mailto:ma1052@metzcorp.com">ma1052@metzcorp.com</a></p>		<p>Reminder:</p> <p><b>Breakfast is Free for All Students!</b></p> <p>Must Select a Complete Reimbursable Meal</p>		<p><b>Professional Development</b></p> <p><b>NO SCHOOL</b></p>	<p><b>1</b></p> <p><b>What is a Meal?</b></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"> <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/ Bars (V)</b> <i>(Served with Graham Cracker)</i></p> <p>Cinnamon Toast Crunch, Cocoa Puffs, Froot Loops, Frosted Flakes, Lucky Charms, NutriGrain</p> <p><b>Whole Grain PopTarts (V)</b></p> <p>Chocolate, Cinnamon, Strawberry</p> <p><b>Whole Grain Muffin/ Loaf (V)</b> <i>(Served with Graham Cracker)</i></p> <p>Apple, Banana, Blueberry, Chocolate, Chocolate Chip</p> <p><b>Whole Grain Donuts/ Donut Holes (V)</b></p> <p>Blueberry, Chocolate, Glazed, Powdered, Plain</p> <p><b>Choice of Fruit</b></p> <p>Seasonal fresh fruits, canned fruit, 100% fruit juice</p> <p><b>Choice of Milk</b></p> <p>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>
<p><b>4</b></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>5</b></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>6</b></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>7</b></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>8</b></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>11</b></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>12</b></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>13</b></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>14</b></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>15</b></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>18</b></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>19</b></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>20</b></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>21</b></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>22</b></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>25</b></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>26</b></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>27</b></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>28</b></p> <p><b>Thanksgiving Break</b></p> <p><b>NO SCHOOL</b></p>	<p><b>29</b></p> <p><b>Thanksgiving Break</b></p> <p><b>NO SCHOOL</b></p>	
<p><b>Your Team</b></p> <p><b>Jenna Ossler, General Manager</b> 412.492.6390 <a href="mailto:ma1052@metzcorp.com">ma1052@metzcorp.com</a></p>			<p><b>Meal Prices</b></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.

