



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
3	4	5	6	7	What is a Meal? 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.
Whole Grain Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Sausage Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Sausage, Egg & Cheese on WG Croissant Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	
10	11	12	13	14	NO SCHOOL Professional Development Whole Grain Cereals <i>(Served with Graham Cracker)</i> Cinnamon Toast Crunch, Cocoa Puffs, Froot Loops, Frosted Flakes, Lucky Charms Whole Grain PopTarts Chocolate, Cinnamon, Strawberry Whole Grain Muffin/ Loaf <i>(Served with Graham Cracker)</i> Blueberry, Chocolate, Chocolate Chip Whole Grain Donuts Blueberry, Chocolate, Glazed, Powdered
Whole Grain Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Sausage Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Sausage Pancake on Stick Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Soft Filled Cinnamon Toast Crunch Assorted Cereals or Cereal Bar with Graham Crackers	NO SCHOOL Professional Development	
17	18	19	20	21	NO SCHOOL President's Day Choice of Fruit Seasonal fresh fruits, canned fruit, 100% fruit juice Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
NO SCHOOL President's Day	Whole Grain Sausage Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Sausage, Egg & Cheese on WG Croissant Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Mini French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Mini Waffles Assorted Cereals or Cereal Bar with Graham Crackers	
24	25	26	27	28	
Whole Grain Mini Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Sausage Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Sausage Pancake on Stick Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Soft Filled Cinnamon Toast Crunch Assorted Cereals or Cereal Bar with Graham Crackers	Whole Grain Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
NOW HIRING Part Time & Substitute Positions Email: ma1052@metzcorp.com		Reminder: Breakfast is Free for All Students! Must Select a Complete Reimbursable Meal			

Your Team Jenna Ossler, General Manager 412.492.6390 ma1052@metzcorp.com	Meal Prices 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.