


| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|---|---|--|---|---|---|
| | | | 1 Egg, Cheese, & Bacon on Croissant Assorted Cereals Pop Tarts Assorted Baked Goods | 2 NO SCHOOL | What is a Meal? Students 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 Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, 1 % chocolate, 1% vanilla, and 1% 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> |
| 5 Mini Cinni Rolls Assorted Cereals Pop Tarts Assorted Baked Goods | 6 Bagel w/ Cream Cheese Assorted Cereals Pop Tarts Assorted Baked Goods | 7 Breakfast Bowl Assorted Cereals Pop Tarts Assorted Baked Goods | 8 Egg, Cheese, & Sausage On English Muffin Assorted Cereals Pop Tarts Assorted Baked Goods | 9 Strawberry Yogurt Parfait Assorted Cereals Pop Tarts Assorted Baked Goods | |
| 12 Strawberry & Cream Cheese Stuffed Mini Bagels Assorted Cereals Pop Tarts Assorted Baked Goods | 13 Hot Pretzel w/ Cream Cheese Assorted Cereals Pop Tarts Assorted Baked Goods | 14 Egg & Cheese on Waffle Flatbread Assorted Cereals Pop Tarts Assorted Baked Goods | 15 Chocolate Chip French Toast Assorted Cereals Pop Tarts Assorted Baked Goods | 16 Strawberry Overnight Oats Assorted Cereals Pop Tarts Assorted Baked Goods | |
| 19 Pancake on a Stick Assorted Cereals Pop Tarts Assorted Baked Goods | 20 French Toast Sticks Assorted Cereals Pop Tarts Assorted Baked Goods | 21 Cinnamon Waffles Assorted Cereals Pop Tarts Assorted Baked Goods | 22 Egg & Cheese on Biscuit Assorted Cereals Pop Tarts Assorted Baked Goods | 23 Fruit & Granola Yogurt Bowl Assorted Cereals Pop Tarts Assorted Baked Goods | |
| 26 NO SCHOOL  | 27 Biscuits & Gravy Assorted Cereals Pop Tarts Assorted Baked Goods | 28 Dutch Waffle Assorted Cereals Pop Tarts Assorted Baked Goods | 29 Egg, Cheese, & Bacon on Croissant Assorted Cereals Pop Tarts Assorted Baked Goods | 30 Hot Pretzel w/ Cream Cheese Assorted Cereals Pop Tarts Assorted Baked Goods | |
| Nan Guy, General Manager 724-756-2030 ext. 1015 ma1133@metzcorp.com Missy Callihan, Food Service Coordinator 724-756-2030 ext. 1007 melissacallihan@kcasdk12.org | | | Meal Prices Student Breakfast Free Reduced Breakfast Free Faculty Breakfast \$2.36 | | |

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

