


Monday	Tuesday	Wednesday	Thursday	Friday	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 or Vegetable - Choice of Milk A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.
2	3	4	5	6	
Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	
9	10	11	12	13	No School Professional Development
Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast		
16	17	18	19	20	Whole Grain Muffin/ Loaf <i>(served with graham crackers)</i> Chocolate Muffin, Banana Loaf Whole Grain Donuts Blueberry, Chocolate, Powdered, Housemade Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free 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	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	
23	24	25	26	27	
Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	Sausage, Egg & Cheese on Croissant, Bacon, Egg & Cheese on English Muffin, Dutch Waffle, Mini Chocolate Chip French Toast	
Now Hiring Part Time & Substitute Positions Email: tess.diehl@metzcorp.com	Breakfast is FREE for ALL Students Join us in the cafeteria upon arriving at school.				
Your Team Tess Diehl, General Manager 412.492.6390 tess.diehl@metzcorp.com	Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.50		Use QR Code for Menu Nutritionals		

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

