



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?							
2	3	4	5	6								
Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick	Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick	Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick	Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick	Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick	<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 or Vegetable - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p>							
Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles,	Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles,	Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles,	Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles,	Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles,								
9	10	11	12	13	<p>Whole Grain Cereals/Bars (served with <i>graham crackers</i>) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios, Apple/Raspberry/Blueberry Nutri-Grain, Assorted Benefit Bars</p> <p>Whole Grain Pop-Tarts Chocolate, Cinnamon, Strawberry</p> <p>Whole Grain Muffin/ Loaf (served with <i>graham crackers</i>) Apple, Banana, Blueberry, Chocolate, Chocolate Chip</p> <p>Whole Grain Donuts Blueberry, Chocolate, Glazed, Powdered, Housemade</p> <p>Yogurt Assorted Greek</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free 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>							
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16	17	18	19	20	<p>No School</p> <p>President's Day</p>							
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23	24	25	26	27	<p>Now Hiring Part Time & Substitute Positions</p> <p>Email: tess.diehl@metzcorp.com</p>							
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<p>Breakfast is FREE for ALL Students</p> <p>Join us in the cafeteria upon arriving at school.</p>		<p>Meal Prices</p> <table> <tr> <td>Student Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.50</td> </tr> </table>			Student Breakfast	\$0.00	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.50	<p>Use QR Code for Menu Nutritionals</p> 	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

