

BABY



Black Bean

**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg & Cheese Croissant Assorted Cereals	2 Mini Waffles Assorted Cereals	3 NO SCHOOL
6 NO SCHOOL	7 Breakfast Pizza Assorted Cereals	8 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals	9 French Toast Sticks with Syrup Assorted Cereals	10 Dutch Waffle Assorted Cereals
13 Mini Maple Pancakes Assorted Cereals	14 Cheese Omelet with Blueberry Muffin Assorted Cereals	15 Egg, Sausage & Cheese Croissant Assorted Cereals	16 Chocolate Chip French Toast Assorted Cereals	17 Strawberry Filled Bagel Assorted Cereals
20 Mini Cinni Rolls Assorted Cereals	21 Breakfast Pizza Assorted Cereals	22 Peaches & Cream Smoothie with Graham Crackers Assorted Cereals	23 French Toast Sticks with Syrup Assorted Cereals	24 Fruit & Yogurt Parfait Assorted Cereals
27 Mini Blueberry Donut Holes Assorted Cereals	28 Cheese Omelet with Chocolate Chip Muffin Assorted Cereals	29 Egg & Cheese Croissant Assorted Cereals	30 Mini Waffles Assorted Cereals	

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 ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate

Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.95



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

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