



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?	
				<p>1</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>What is a Meal?</p> <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> <p>Whole Grain Cereals <i>(served with graham crackers)</i></p> <p>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p> <p>Whole Grain Pop-Tarts Chocolate, Cinnamon, Strawberry</p> <p>Whole Grain Muffin/Loaf <i>(served with graham crackers)</i></p> <p>Chocolate Muffin, Banana Loaf</p> <p>Whole Grain Donuts Blueberry, Chocolate, Powdered, Housemade</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>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>4</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>5</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>6</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>7</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>8</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>		
<p>11</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>12</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>13</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>14</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>15</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>		
<p>18</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>19</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>20</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>21</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>22</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>		
<p>25</p> <p>No School Memorial Day</p>	<p>26</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>27</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>28</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>	<p>29</p> <p>Sausage, Egg & Cheese on Croissant Bacon Egg & Cheese on English Muffin</p> <p>Dutch Waffle, Mini Chocolate Chip French Toast</p>		
<p>Your Team</p> <p>General Manager 412.492.6390 tess.diehl@metzcorp.com</p>		<p>Meal Prices</p> <p>Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.50</p>				

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

