


Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
				1 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	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.
4 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	5 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	6 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	7 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	8 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios, Apple/Raspberry/Blueberry Nutri-Grain, Assorted Benefit Bars
11 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	12 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	13 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	14 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	15 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	Whole Grain Pop-Tarts Chocolate, Cinnamon, Strawberry Whole Grain Muffin/Loaf <i>(served with graham crackers)</i> Apple, Banana, Blueberry, Chocolate, Chocolate Chip
18 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	19 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	20 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	21 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	22 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	Whole Grain Donuts Blueberry, Chocolate, Glazed, Powdered, House made Yogurt Assorted Greek
25 No School Memorial Day	26 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	27 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	28 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	29 Sausage, Egg & Cheese on a Bagel, Breakfast Pizza, Pancake on a Stick Dutch Waffle, French Toast Sticks, Mini Pancakes, Mini Waffles	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>
Your Team General Manager 412.492.6390 tess.diehl@metzcorp.com	Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.50				 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

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

