



**Meet Your Nutritious Friend:**  
**Avocado-do**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Strawberry Filled Bagel
				Assorted Cereals
4	5	6	7	8
Glazed Donut	Breakfast Pizza	Strawberries & Cream Smoothie Bowl with Graham Crackers	French Toast Sticks with Syrup	Dutch Waffle
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
11	12	13	14	15
Mini Maple Pancakes	Cheese Omelet Blueberry Muffin	Egg, Sausage & Cheese Croissant	Chocolate Chip French Toast	Strawberry Filled Bagel
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
18	19	20	21	22
Mini Cinni ROLls	Breakfast Pizza	Peaches & Cream Smoothie with Graham Crackers	French Toast Sticks with Syrup	Fruit & Yogurt Parfait
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals
25	26	27	28	29
NO SCHOOL	Cheese Omelet Blueberry Muffin	Egg, Sausage & Cheese Croissant	Chocolate Chip French Toast	Strawberry Filled Bagel
	Assorted Cereals	Assorted Cereals	Assorted Cereals	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 (served with graham crackers)

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

### (V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

### (VG) Vegan

These items do not contain any animal products

### Your Team

**Samuel Garman, General Manager**  
717.367.1533 ext. 21057  
samuel.garman@metzcorp.com

### Meal Prices

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



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES