



Meet Your Nutritious Friend:
Mr. Oatis

Celebrate National Breakfast Week!! Come to breakfast and enter to win cool prizes!!!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Assorted Cereals with Graham Crackers	3 Assorted Cereals with Graham Crackers	4 Cheese Omelet with warm mini biscuit Assorted Cereals with Graham Crackers	5 Assorted Cereals with Graham Crackers	6 Green Eggs & Ham Yogurt Parfait (Vanilla Yogurt w/Nilla Wafer) Assorted Cereals with Graham Crackers
9 Mini Cinni Rolls Assorted Cereals with Graham Crackers	10 Breakfast Pizza Bagel Assorted Cereals with Graham Crackers	11 Fruit & Yogurt Parfait with Graham Crackers Assorted Cereals with Graham Crackers	12 Blueberry Muffin with String Cheese Assorted Cereals with Graham Crackers	13 Dutch Waffle Assorted Cereals with Graham Crackers
16 Mini Maple Pancakes Assorted Cereals with Graham Crackers	17 Assorted Cereals with Graham Crackers	18 Cheese Omelet with warm mini biscuit Assorted Cereals with Graham Crackers	19 Bagel with Cream Cheese Assorted Cereals with Graham Crackers	20 Mini Powdered Donuts Assorted Cereals with Graham Crackers
23 Mini Cinni Rolls Assorted Cereals with Graham Crackers	24 Breakfast Pizza Bagel Assorted Cereals with Graham Crackers	25 Fruit & Yogurt Parfait with Graham Crackers Assorted Cereals with Graham Crackers	26 Chocolate Chip Muffin with String Cheese Assorted Cereals with Graham Crackers	27 Assorted Cereal Bars Assorted Cereals with Graham Crackers
30 Glazed Dunkin Sticks Assorted Cereals with Graham Crackers	31 Bagel with Cream Cheese Assorted Cereals with Graham Crackers			



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 1/2 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, Froot Loops, Cheerios

Choice of Fruit

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

Choice of Milk

1% white, fat-free chocolate

Your Team

Marissa Janesko, General Manager
ma1113@metzcorp.com

Meal Prices

BREAKFAST IS **FREE** FOR ALL STUDENTS

