









Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
Assorted Cereal with Graham Crackers	1 Bagel with Cream Cheese Assorted Cereals with Graham Crackers	2 Warm Chocolate Croissant Assorted Cereals with Graham Crackers	3 Blueberry Muffin with String Cheese Assorted Cereals with Graham Crackers	4 Mini Maple Waffles Assorted Cereals with Graham Crackers	<p>What is a Meal? 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 - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with toast) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Rice Crunch, Kix, Cheerios, Froot Loops, Frosted Flakes</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate</p>   <p>2024 NATIONAL SCHOOL LUNCH WEEK OCTOBER 21 - OCTOBER 25</p>  <p>Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES</p>
7 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	8  Apple Frudel Assorted Cereals with Graham Crackers	9 Pizza Bagel Assorted Cereals with Graham Crackers	10 Cereal Bar with Yogurt Cup Assorted Cereals with Graham Crackers	11 Chocolate Muffin with String Cheese Assorted Cereals with Graham Crackers	
14	15  Apple Cinnamon Donut Holes Assorted Cereals with Graham Crackers	16  Apple Cinnamon Donut Holes Assorted Cereals with Graham Crackers	17 Cheddar Cheese Omelet Assorted Cereals with Graham Crackers	18 Pop-tart with Yogurt Cup Assorted Cereals with Graham Crackers	
21 Mini Cinni Rolls Assorted Cereals with Graham Crackers	22  Apple Cinnamon Muffin Assorted Cereals with Graham Crackers	23 Pizza Bagel Assorted Cereals with Graham Crackers	24 Cheese Omelet with Mini Bagel Assorted Cereals with Graham Crackers	25 Assorted Cereal Bars with Yogurt Cup Assorted Cereals with Graham Crackers	
28 Pop-tart with string cheese Assorted Cereals with Graham Crackers	29 Cherry Frudel Assorted Cereals with Graham Crackers	30 Powdered Donuts with Yogurt Cup Assorted Cereals with Graham Crackers	31 Banana Bread with Graham Crackers Assorted Cereals with Graham Crackers		
<p>CELEBRATE  ALL OCTOBER</p>			<p>Meal Prices BREAKFAST IS FREE FOR ALL STUDENTS! Faculty Breakfast \$1.75</p>		

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

