



**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Assorted Muffins and Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers	2 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	3 No School
6 No School	7 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	9 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers
13 Glazed Donut Sticks Assorted Cereals or Cereal Bar with Graham Crackers	14 Sausage, Egg & Cheese Muffin Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	16 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	17 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
20 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	22 Assorted Muffins & Breakfast Breads Assorted Cereals or Cereal Bar with Graham Crackers	23 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	24 Egg & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers
27 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	28 Sausage, Egg & Cheese Muffin Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	30 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar 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 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, Froot Loops, Cheerios

Choice of Fruit

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

Choice of Milk

1% white, lactose free 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

Powered by Metz Culinary Management
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Meal Prices

Student Breakfast \$0.00
Reduced Breakfast \$0.00
Faculty Breakfast \$2.85

