



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Glazed Donut Sticks  Assorted Cereals or Cereal Bar with Graham Crackers	3 Sausage, Egg & Cheese Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	4 Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	5 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	6 Dutch Waffle  Assorted Cereals or Cereal Bar with Graham Crackers
9 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	11 Assorted Muffins & Breakfast Breads  Assorted Cereals or Cereal Bar with Graham Crackers	12 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese Biscuit  Assorted Cereals or Cereal Bar with Graham Crackers
16 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	17 Sausage, Egg & Cheese Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	18 Egg & Cheese Croissant  Assorted Cereals or Cereal Bar with Graham Crackers	19 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	20 Breakfast Banana Split  Assorted Cereals or Cereal Bar with Graham Crackers
23 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	25 Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	26 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg & Cheese Biscuit  Assorted Cereals or Cereal Bar with Graham Crackers
30 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	31 Sausage, Egg & Cheese Muffin  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

