Elementary Breakfast Menu April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/19	**4/2/19**	**4/3/19**	**4/4/19**	**4/5/19**
Sausage, Egg 28 and Cheese Crossiant or Assorted Cereals with Toast	English Muffin with Spreads 23 or Assorted Cereals with Toast	Cherry Frudel 36 or Assorted Cereals with Toast	Mini Maple Pancakes 35 with Syrup 31 or Assorted Cereals with Toast	Breakfast Pizza 27 or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4/8/19	**4/9/19**	**4/10/19**	**4/11/19**	**4/12/19**
Zucchin Bread 43 or Assorted Cereals with Toast	Ham & Cheese Croissant 29 or Assorted Cereals with Toast	English Muffin with Spreads 23 or Assorted Cereals with Toast	Egg, Sausage and Cheese Burrito 28 or Assorted Cereals with Toast	Apple Frudel 36 or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4/15/19	**4/16/19**	**4/17/19**	**4/18/19**	**4/19/19**
Bagels 24 with Spreads 41 Assorted Cereals with Toast	Mini Waffles 35 with Syrup 31 or Assorted Cereals with Toast	Assorted Yogurts with Toast 84 or Assorted Cereals with Toast	English Muffin with Spreads 23 or Assorted Cereals with Toast	NO SCHOOL
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	
4/22/19	**4/23/19**	**4/24/19**	**4/25/19**	**4/26/19**
Cheese Omelet with Toast 23 or Assorted Cereals with Toast	Apple or Raspberry Frudel 36 or Assorted Cereals with Toast	Sausage Pancake on a Stick 16 or Assorted Cereals with Toast	Breakfast Pizza 27 or Assorted Cereals with Toast	Yogurt Parfait with Toast 84 or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

Student Paid Breakfast $1.25 **Student Reduced Breakfast $0.30** **Adult Breakfast $1.85**

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein
Choice of fuit or vegetable (must take at least a 1/2 cup)
and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch 22
Trix 29
Cocoa Puffs
Cheerios 23
Reeses 21
Honey-Nut Cheerios 22
Fruit Loops 24

Served with Toast

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Metz Culinary Management is an equal opportunity provider and employer.