



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	3 Pancakes w/ Syrup Assorted Cereals or Cereal Bar with Graham Crackers	4 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	5 Fruit Loop Waffle Assorted Cereals or Cereal Bar with Graham Crackers
8 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	9 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	11 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	12 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
15 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	16 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	17 Ham, Egg, Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	18 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	19 Waffle w/ Sausage Patty Assorted Cereals or Cereal Bar with Graham Crackers
22 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	23 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	24 	25 	26 No School
29 No School	30 No School	31 		

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

fat-free white, fat-free chocolate,, fat-free strawberry

Your Team

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Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.94



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES