

**Kistler/ Shirley Twp.**  
Elementary Breakfast Menu



# August 2025



**Meet Your Nutritious Friend:**  
**Cool as a Cucumber**

Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <div>Students must choose at least 3 of the 4 components available for the school breakfast price.</div> <div><div>- Choice of Whole Grain</div><div>- Choice of Protein</div><div>- Choice of Fruit or Vegetable</div><div>- Choice of Milk</div></div> <div>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</div> <div><div>Whole Grain Cereals</div><div>(served with graham crackers)</div><div>Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</div></div> <div><div>Choice of Fruit</div><div>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</div></div> <div><div>Choice of Milk</div><div>1% white, fat-free chocolate,</div></div> <div><div>(V) Vegetarian</div><div>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</div></div> <div><div>(VG) Vegan</div><div>These items do not contain any animal products</div></div>
				1	
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
		Egg, Sausage & Cheese Maple Flatbread  Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers	
25	26	27	28	29	
Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	Apple Pie Smoothie Bowl with Graham Crackers  Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Banana Split  Assorted Cereals or Cereal Bar with Graham Crackers	

<div>Tina Werner, General Manager</div> <div>814-542-2518 ext. 126</div> <div>ma1037@metzcorp.com</div>	<div>Meal Prices</div> <div>Student Breakfast</div> <div>Extra Breakfast</div> <div>Faculty Breakfast</div>	<div>Free</div> <div>\$1.50</div> <div>\$3.00</div>	<div></div>	<div> Metz</div> <div>CULINARY MANAGEMENT</div> <div>ENVIRONMENTAL SERVICES</div>
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

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Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18	19	20 Chicken & Mashed Potato Bowl with Roll  Hot Ham & Cheese on Pretzel Bun <b>FEATURED VEGGIES</b> Mashed Potatoes Baby Carrots	21 Chicken Patty on a Bun  Cheese Lasagna with Garlic Breadstick (V) <b>FEATURED VEGGIES</b> Steamed Corn Romaine Salad	22 Toasted Pizza Flatbread Sandwich  Italian Dunkers with Sauce (V) <b>FEATURED VEGGIES</b> Diced Tomatoes Roasted Zucchini
25 Mac & Cheese (V)  Walking Taco With Pretzel Stick  <b>FEATURED VEGGIES</b> Green Beans Caesar Salad	26 Toasted Cheese Sandwich (V)  Buffalo Chicken & Cheese Flatbread  <b>FEATURED VEGGIES</b> Tomato Soup Corn Salad	27 Hot Turkey Sandwich  Hot Dog on a Roll  <b>FEATURED VEGGIES</b> Mashed Potatoes Green Pepper Strips	28 Chicken Nuggets with Roll  Italian Meatballs & Cheese on a Roll  <b>FEATURED VEGGIES</b> Oven Fries Red Pepper Strips	29 Cheese Pizza  BBQ Ribby on a Bun  <b>FEATURED VEGGIES</b> Roasted Sweet Potatoes Chickpea Salad

## What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

## Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

## Choice of Fruit

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

## Choice of Milk

1% white, fat free chocolate

## Daily Alternates

Fresh Entree Salad of the Week  
Craveable of the Week  
PB&J Uncrustables

## (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*

## Meal Prices

Student Lunch	Free
Extra Lunch	\$3.00
Faculty Lunch	\$4.85



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