

Monday	Tuesday	Wednesday	Thursday	Friday	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 <i>(served with graham crackers)</i> 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, fat-free chocolate, (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
3 Mini Cini Rolls Assorted Cereals or Cereal Bar with Graham Crackers	4 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Scramble Bowl Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	6 Sausage, Egg & Cheese on a Biscuit Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Banana Split Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	
10 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	11 No School Veteran's Day	12 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	13 Bacon, Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	14 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	
17 Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers	18 Sausage, Egg & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Scramble Bowl Assorted Donuts Assorted Cereals or Cereal Bar with Graham Crackers	20 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Banana Split Blueberry Muffin Assorted Cereals or Cereal Bar with Graham Crackers	
24 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Scrambler Assorted Cereals or Cereal Bar with Graham Crackers	26 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	27 No School Happy Thanksgiving!	28 No School	
MUASD Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com			Meal Prices Student Breakfast Free Extra Breakfast \$1.50 Faculty Breakfast \$3.00		 

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



