



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	4 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	5 Scrambled Cheesy Eggs with Toast Assorted Cereals or Cereal Bar with Graham Crackers	6 French Toast Sticks with Sausage Links Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers
10 Sausage Egg & Cheese on a Croissant Assorted Cereals or Cereal Bar with Graham Crackers	11 NO SCHOOL VETERANS DAY	12 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	13 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	14 Powdered Donuts Assorted Cereals or Cereal Bar with Graham Crackers
17 Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	18 Breakfast Scrambler Assorted Cereals or Cereal Bar with Graham Crackers	19 Strawberry & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	20 Froot Loop Waffles Assorted Cereals or Cereal Bar with Graham Crackers	21 Blueberry Muffins Assorted Cereals or Cereal Bar with Graham Crackers
24 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Pizza 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

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,

Choice of Fruit

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

Choice of Milk

1% 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

MUASD

Tina Werner, General Manager
814-542-2518 ext. 126
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Meal Prices

Student Breakfast	Free
Extra Breakfast	\$1.50
Faculty Breakfast	\$3.00





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Monday	Tuesday	Wednesday	Thursday	Friday
3 Mac & Cheese with Garlic Stick Cheeseburger on a Bun FEATURED VEGGIES Steamed Broccoli Cucumber Slices	4 Toasted Cheese Grilled Ham & Cheese FEATURED VEGGIES Tomato Soup Chickpea Salad	5 French Toast Sticks with Sausage Links Breakfast Wrap FEATURED VEGGIES Tri Patty Taters Carrot Sticks	6 Cheeseburger Tater Tot Bowl Chicken & Cheese Quesadilla FEATURED VEGGIES Tater Tots Apple Cider Slaw	7 Cheesy Pizza Corn Dog FEATURED VEGGIES Steamed Green Beans Tomato & Mozzarella Salad
10 Chicken Patty on a Bun Breakfast Sandwich FEATURED VEGGIES Steamed Broccoli Baby Carrots	11 NO SCHOOL VETERAN'S DAY	12 Chicken & Mashed Potato Bowl with Roll Turkey & Cheese Melt on Croissant FEATURED VEGGIES Mashed Potatoes Steamed Corn	13 Nachos Grande BBQ Ribby FEATURED VEGGIES Refried Beans Romaine Salad	14 Pepperoni Pizza Italian Dunkers with Sauce FEATURED VEGGIES Oven Fries Diced Tomatoes
17 Chicken Nuggets with Pretzel Stick Italian Meatballs & Cheese on a Roll FEATURED VEGGIES Au Gratin Potatoes Red Pepper Strips	18 Walking Taco with Pretzel Stick Turkey Ranch Wrap FEATURED VEGGIES Chili Caesar Salad	19 Buffalo Chicken & Cheese Flatbread Hot Dog on a Roll FEATURED VEGGIES Cheesy Broccoli Green Pepper Strips	20 Hot Ham & Cheese Pretzel Roll Bacon Cheeseburger FEATURED VEGGIES Baked Beans Corn Salad	21 Thanksgiving Meal Roasted Turkey with Stuffing Mashed Potatoes & Gravy Corn Cranberry Sauce FEATURED VEGGIES Baby Carrots Holiday Treat
24 Pizza Casserole with Garlic Stick Cheeseburger FEATURED VEGGIES Steamed Green Beans Fresh Cucumber Slices	25 Chicken & Cheese Quesadilla Corn Dog FEATURED VEGGIES Steamed Rice Salsa	26 Chicken Patty Cheese Pizza FEATURED VEGGIES BBQ Baked Beans Broccoli Salad	27 NO SCHOOL HAPPY THANKSGIVING	28 NO SCHOOL

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
Craveables
PB&J Uncrustables

Craveable of the Week

Week 1- Soft Pretzel Craveable
Week 2- Breadstick Dipper
Week 3- Yogurt Craveable
Week 4- Walking Taco Craveable

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Meal Prices

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES