



Meet Your Nutritious Friend:
Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	4 Scrambled Cheesy Eggs with Toast Assorted Cereals or Cereal Bar with Graham Crackers	5 Strawberries & Cream Smoothie Bowl with Graham Crackers 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 Croissant Assorted Cereals or Cereal Bar with Graham Crackers	11 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	12 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers
15 Scrambled Eggs & Cheese w/ Toast Assorted Cereals or Cereal Bar with Graham Crackers	16 Mini Cini Rolls Assorted Cereals or Cereal Bar with Graham Crackers	17 Egg & Cheese Biscuit Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	18 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers
22 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	23 Sausage, Egg & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	24 No School	25 Merry Christmas!	26 No School
29 No School	30 No School	31 No School	1 Happy New Year!	2 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,

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES



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Twist & Sprout

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 Chicken Alfredo with a Breadstick Hot Dog on a Bun FEATURED VEGGIES Steamed Peas Broccoli Salad	4 French Toast Sticks with Sausage Turkey & Cheese on a Bun FEATURED VEGGIES Hash Brown Cucumber Salad	5 Cheese Pizza Bacon Cheeseburger on a Bun FEATURED VEGGIES Sweet Potato Fries Cherry Tomatoes
8 Chicken & Gravy over Waffles Classic Sloppy Joe on Brioche Roll FEATURED VEGGIES Mashed Potatoes Chickpea Salad	9 Toasted Cheese Grilled Ham & Cheese FEATURED VEGGIES Tomato Soup Carrot Sticks	10 Spaghetti w/ Meat Sauce & Garlic Stick BBQ Ribby on a Bun FEATURED VEGGIES Green Beans Side Salad	11 Nachos Grande Turkey Ranch Wrap FEATURED VEGGIES Steamed Broccoli Celery Sticks w Ranch	12 Pepperoni Pizza Buffalo Chicken Flatbread FEATURED VEGGIES Sidewinder Fries Cucumber Slices
15 Penne Pasta Bake with Garlic Stick Turkey, Bacon & Cheese on a Flatbread FEATURED VEGGIES Steamed Broccoli Cucumber Slices	16 Walking Taco With Pretzel Stick Double Cheeseburger on a Bun FEATURED VEGGIES Refried Beans Tomatoes	17 Holiday Meal Baked Ham Stuffing Mashed Potatoes Gravy FEATURED VEGGIES Corn Holiday Treat	18 Hot Turkey & Cheese on Pretzel Bun Chicken, Cheddar Ranch Wrap FEATURED VEGGIES Baked Beans Carrot Sticks	19 Cheesy Pizza Italian Dunkers FEATURED VEGGIES Steamed Green Beans Baby Carrots
22 Mac & Cheese with a Bread Stick Corn Dog FEATURED VEGGIES Steamed Peas Baby Carrots	23 Pepperoni Pizza Sausage, Egg & Cheese Bagel FEATURED VEGGIES Latin-Inspired Beans Tomato Salad	24 No School Christmas Break!	25 Merry Christmas!	26 No School
29 No School	30 No School	31 No School	1 Happy New Year!	2 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

Crave of the Week

Week 1- Super Fruit Crave

Week 2- Pizza Crave

Week 3- Nacho Crave

Week 4- Breadstick Crave

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Meal Prices

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



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