



Meet Your Nutritious Friend:
Brown Rice Besties

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 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.	
29	30	31	1	2		
5	6	7	8	9		
Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	Pancake on a Stick Assorted Cereals or Cereal Bar with Graham Crackers		
12 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	13 Sausage, Egg & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	14 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	15 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	16 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers		
19 No School	20 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	21 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	22 Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	23 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers		
26 Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	27 Cheesy Scrambled Eggs Assorted Cereals or Cereal Bar with Graham Crackers	28 Donuts Assorted Cereals or Cereal Bar with Graham Crackers	29 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers		
MUASD		Meal Prices		 		
Tina Werner, General Manager 814-542-2518 ext. 126 ma1037@metzcorp.com		Student Breakfast FREE Extra Breakfast \$1.50 Faculty Breakfast \$3.00				