

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
29	30	31	1 Happy New Year!	2	<p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk <p>A minimum $\frac{1}{2}$ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p>
5 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	6 Bacon, Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	7 Strawberry Parfait Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Sausage, Egg & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	9 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	<p>Whole Grain Cereals (served with graham crackers) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p>
12 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	13 Ham, Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	14 French Toast Sticks with Sausage Links Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Scramble Bowl Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	16 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	<p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p>
19 No School	20 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	21 Donuts Assorted Cereals or Cereal Bar with Graham Crackers	22 Pancake on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	23 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	<p>Choice of Milk 1% white, fat-free chocolate,</p>
26 Cinnamon Rolls Assorted Cereals or Cereal Bar with Graham Crackers	27 Sausage, Egg & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers	28 Strawberry Parfait Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg & Cheese Omelet With Toast Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers	
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.

