



Monday	Tuesday	Wednesday	Thursday	Friday	<b>What is a Meal?</b> 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.  <b>Whole Grain Cereals</b> <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, fat-free chocolate,
29	30	31	1 Happy New Year!	2	
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	
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	
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	
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	
<b>MUASD</b> Tina Werner, General Manager 814-542-2518 ext. 126 <a href="mailto:ma1037@metzcorp.com">ma1037@metzcorp.com</a>					 

### 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.

