



Meet Your Nutritious Friend:  
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	4 Egg, Sausage & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	5 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	6 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	<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 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.
9 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	10 Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	11 Scrambled Cheesy Eggs with Toast Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	13 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	<b>Whole Grain Cereals (served with graham crackers)</b> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios
16 <b>No School</b>	17 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	18 Bacon, Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	19 Waffles with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	20 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	<b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice
23 Donuts Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	25 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	26 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	27 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	<b>Choice of Milk</b> 1% white, fat-free chocolate,

## MUASD

Tina Werner, General Manager  
814-542-2518 ext. 126  
[ma1037@metzcorp.com](mailto:ma1037@metzcorp.com)

## Meal Prices

Student Breakfast  
Extra Breakfast  
Faculty Breakfast

Free  
\$1.50  
\$3.00



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES