


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 ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free chocolate, fat-free strawberry Daily Options Assorted Muffins Bagels Pop -Tarts
		1 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	2 Bacon, Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	3 No School	
6 No School	7 Ham, Egg & Cheese on a Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	8 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	9 Sausage, Egg & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	10 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
13 Pancake on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	15 Assorted Donuts Assorted Cereals or Cereal Bar with Graham Crackers	16 French Toast Sticks & Sausage Links Assorted Cereals or Cereal Bar with Graham Crackers	17 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
20 Sliced Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	21 Bacon, Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	22 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	23 Ham, Egg & Cheese on a Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	24 Mini Confetti Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	
27 Cinni Minis Assorted Cereals or Cereal Bar with Graham Crackers	28 Sausage, Egg & Cheese Biscuit Assorted Cereals or Cereal Bar with Graham Crackers	29 Omelet with Toast Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Sandwich 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 Reduced Breakfast \$1.50 Faculty Breakfast \$3.00			

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

