


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
				1 Donuts Assorted Cereals or Cereal Bar with Graham Crackers	
4 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	5 Sausage, Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	6 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	7 Bacon, Egg & Cheese Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	8 Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	
11 Mini Blueberry Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	12 Egg & Cheese Croissant 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 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	
18 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	20 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	21 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	22 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	
25 	26 	27 	28 	29 	
MUASD Tina Werner, General Manager 814-542-2518 ext126 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.

