

BREAKFAST IN THE CLASSROOM- NOVEMBER- DECEMBER



Metz
CULINARY MANAGEMENT

Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
11/22/21 Banana Bread Apple Slices Orange 1% White Milk	11/23/21 Mini Filled Bagel Diced Peaches Apple 1% White Milk	11/24/21 Blueberry Muffin Mandarin Oranges Apple Slice 1% White Milk	11/25/21 NO SCHOOL	11/26/21 NO SCHOOL
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk		
11/29/21 NO SCHOOL	11/30/21 French Toast Breakfast Bar Mixed Fruit Cup/Apple 1% White Milk	12/1/21 Cereal Bar Diced Peaches Apple Slices 1% White Milk	12/2/21 Apple Cinnamon Muffins Orange/ Apple Slices 1% White Milk	12/3/21 Chocolate Frosted Pop Tart Banana/ Pineapple 1% White Milk
	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/6/21 Chocolate Muffins Diced Peaches Apple Slices 1% White Milk	12/7/21 Mini Filled Bagel Orange Diced Peas 1% White Milk	12/8/21 Yogurt Parfait Diced Peas Banana 1% White Milk	12/9/21 Blueberry Bread Mixed Fruit Orange 1% White Milk	12/10/21 Chocolate Chip Oatmeal Bar Juice Cup/ Banana 1% White Milk
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/13/21 Banana Muffins Apple 1% White Milk	12/14/21 Mini Filled Bagel Diced Peaches 1% White Milk	12/15/21 Cereal Bar Pineapple Banana 1% White Milk	12/16/21 French Toast Bar Juice Cup / Apple 1% White Milk	12/17/21 Choc Frosted Pop tart Orange /Mixed Fruit 1% White Milk
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
12/20/21 Apple Cinnamon Muffin Apple Slices Orange 1% White Milk	12/21/21 Mini Filled Bagel Pear Applesauce 1% White Milk	12/22/21 Yogurt Parfait Graham Crackers Apple Slices/ Diced Peas 1% White Milk	12/23/21 Blueberry Bread Orange Pineapple Chunks 1% White Milk	12/24/21 NO SCHOOL
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	
12/27/21 NO SCHOOL	12/28/21 NO SCHOOL	12/29/21 NO SCHOOL	12/30/21 NO SCHOOL	12/31/21 NO SCHOOL
				

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup) and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange, grape, fruit punch, orange pineapple), fresh fruit selection including apples,

Whole Grain Cereal Bar Selection May Include:

Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Cheerios
Fruit Loops
Served with Graham Crackers

USDA is an equal opportunity provider and employer

Menu is subject to change based off of product availability



Student Paid Breakfast -Free JR/H.S-- Free Student Reduced Breakfast- Free Adult Breakfast \$2.15