

BREAKFAST IN THE CLASSROOM



Metz
CULINARY MANAGEMENT

Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5/9/22	5/10/22	5/11/22	5/12/22	5/13/22
Chocolate Chip Muffin Apple Slices Juice Cup 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Mini Filled Bagel Diced Peaches Orange 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Blueberry Muffin Mandarin Oranges Banana 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Strawberry Poptart Pear Apple Sauce 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Yogurt Graham Crackers Banana Mixed Fruit Cup 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
5/16/22	5/17/22	5/18/22	5/19/22	5/20/22
Cereal Bar Apple Slices Juice Cup 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	French Toast Breakfast Bar Mixed Fruit Cup Apple 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Banana Bread Diced Peaches Apple Slices 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Apple Cinnamon Muffins Orange Apple Slices 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk National Muffin Day	Yogurt with Graham Crackers Banana Mixed Fruit 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
5/23/22	5/24/22	5/25/22	5/26/22	5/27/22
Chocolate Chip Muffin Apple Slices Juice Cup 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Mini Filled Bagel Orange Diced Peaches 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	French Toast Breakfast Bar Diced Pineapple Banana 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Blueberry Bread Mixed Fruit Cup Orange 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Yogurt with Graham Crackers Banana Mixed Fruit 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
5/30/22	5/31/22	6/1/22	6/2/22	6/3/22
NO SCHOOL	Mini Filled Bagel Apple Diced Peaches 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Cereal Bar Diced Pineapple Banana 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Chocolate Banana Breakfast Bar Apple Juice Cup 1% White Milk Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	NO BREAKFAST SERVED
				

May 2022

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), fresh fruit
selection including apples,
bananas and oranges

Whole Grain Cereal Bar Selection May Include:

Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Cheerios
Fruit Loops
Served with additional Grain



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