



**Metz**  
CULINARY MANAGEMENT

# Elementary Breakfast Menu

Monday 1/1/24	Tuesday 1/2/24	Wednesday 1/3/24	Thursday 1/4/24	Friday 1/5/24
 <small>This Photo by Unknown Author is licensed under CC BY</small>	Mini Filled Bagel Goldfish Graham Apple Diced Peaches	Blueberry Muffin Goldfish Graham Banana Mandarin Oranges	Strawberry Pop tart Goldfish Graham Pear Applesauce	BlueBerry Bread Goldfish Graham Banana Apple Slices
	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
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Blueberry Muffin Golden Graham Apple Mandarin Oranges	Yogurt with Scooby Graham Banana Mixed Fruit	Banana Bread Scooby Graham Whole Pear Diced Peaches	Chocolate Chip Muffin Goldfish Graham Orange Apple Slices	Yogurt Scooby Graham Banana Mixed Fruit
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
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
	Mini Filled Bagel Goldfish Graham Orange Diced Pears	Strawberry Poptart with Graham Crackers Diced Pineapple Banana	Blueberry Bread Mixed Fruit Cup Orange	Yogurt Scooby Graham Banana Mixed Fruit
	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
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Blueberry Bread Apple Slices Juice Cup	Mini Filled Bagel Goldfish Graham Apple Diced Peaches	Apple Strudel Scooby Graham Banana Diced Pineapple	Oatmeal Chocolate Bar Scooby Graham Apple Slices Juice Cup	Yogurt with Scooby Graham Banana Mixed Fruit
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
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
Apple Cinnamon Muffin Goldfish Graham Apple Slices Juice Cup	Mini Filled Bagel Goldfish Graham Pear Applesauce	Blueberry Pop tart Goldfish Graham Banana Diced Peaches	Banana Bread Orange Pineapple Chunks	Yogurt with Graham Crackers Banana Mixed Fruit
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
2/5/24	2/6/24	2/7/24	2/8/24	2/9/24
Blueberry Bread Apple Slices Juice Cup	Strawberry Pop tart Scooby Graham Diced Peaches Apple	Mini Filled Bagel Goldfish Graham Banana Mixed Fruit Cup	Apple Strudel Goldfish Graham Applesauce Orange	Oatmeal Chocolate Chip Bar Banana Pineapple Tidbits
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

January - February 2024

## 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

**Menu is subject to change  
based on product availability**



**Student Paid Breakfast - Elem- 0 Student Reduced Breakfast- 0 Adult Breakfast \$2.25**