

APRIL
2024



Metz
CULINARY MANAGEMENT

**HIGH SCHOOL
BREAKFAST MENU**

Monday

1

NO SCHOOL
EASTER BREAK

8

Pancake Sausage
on a Stick
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

15

Chocolate Chip Waffle
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

22

Pancake Sausage
on a Stick
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

29

Chocolate Chip Waffle
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Tuesday

2

Mini Cinni
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

9

Breakfast
Sandwich
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

16

Mini Cinni
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

23

Breakfast
Sandwich
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

30

Mini Cinni
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Wednesday

3

Whole Grain Donut
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

10

Dutch
Waffle
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

17

Whole Grain Donut
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

24

Dutch
Waffle
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Thursday

4

Fruit Frudel
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

11

Mini Filled Bagel
Strawberry
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

18

Fruit Frudel
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

25

Mini Filled Bagel
Strawberry
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Friday

5

Cinnamon Toast Crunch
Breakfast Bread
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12

French Toast
With Syrup
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

19

Cinnamon Toast Crunch
Breakfast Bread
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

26

French Toast
With Syrup
or
Assorted Cereals/Bagels
With Assorted Spreads

Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

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)
a
Choice of Milk
Choice of Milk - 1% white, fat-free white, fat-free chocolate
You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
Cinnamon Toast Crunch
Trix
Cocoa Puffs
Golden Grahams
Rice Krispies
Cheerios
Chex
Fruit Loops
Frosted Flakes
Served with Graham Crackers

Daily Fruit Selections
May Include:
assorted canned and fresh fruit including oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, and 100% fruit juices

Breakfast Priced
Students - \$0.00

Adult \$4.00



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