



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers
4 Iced Cinnamon Roll Assorted Cereals or Cereal Bar with Graham Crackers	5 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	6 Blueberry Bread Assorted Cereals or Cereal Bar with Graham Crackers	7 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	8 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
11 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	12 Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	14 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	15 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
18 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	19 	20 Blueberry Bread Assorted Cereals or Cereal Bar with Graham Crackers	21 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	22 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers
25 	26 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	28 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	29 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers

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
(served with graham crackers)

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

Your Team

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Meal Prices

Student Breakfast \$0.00
Faculty Breakfast \$3.00



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES