



**Meet Your Nutritious Friend:  
Mr. Oatis**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	3 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	4 Chocolate or Blueberry Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	5 Chocolate Chip French Toast  Assorted Cereals or Cereal Bar with Graham Crackers	6 Apple Strudel  Assorted Cereals or Cereal Bar with Graham Crackers
9 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	11 Bagel w/ Cream Cheese  Assorted Cereals or Cereal Bar with Graham Crackers	12 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	13 Sausage Pancake on a Stick  Assorted Cereals or Cereal Bar with Graham Crackers
16 Mini Maple Pancakes  Assorted Cereals or Cereal Bar with Graham Crackers	17 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	18 Strawberry Smoothie  Assorted Cereals or Cereal Bar with Graham Crackers	19 <b>EARLY DISMISSAL</b> Chocolate/ Powdered or Plain Donuts  Assorted Cereals or Cereal Bar with Graham Crackers	20 <b>NO SCHOOL</b>  Assorted Cereals or Cereal Bar with Graham Crackers
23 Mini Cinni Rolls  Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Pizza  Assorted Cereals or Cereal Bar with Graham Crackers	25 Sausage Pancake on a Stick  Assorted Cereals or Cereal Bar with Graham Crackers	26 French Toast Sticks with Syrup  Assorted Cereals or Cereal Bar with Graham Crackers	27 Bagel w/ Cream Cheese  Assorted Cereals or Cereal Bar with Graham Crackers
30 Banana or Chocolate Muffin  Assorted Cereals or Cereal Bar with Graham Crackers	31 Breakfast Pizza  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 1/2 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,, fat-free strawberry

### Your Team

Kaitlin Hannigan, General Manager  
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### Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.94



**Metz**  
CULINARY MANAGEMENT  
ENVIRONMENTAL SERVICES