



Metz
CULINARY MANAGEMENT

Breakfast Menu - East Middle School March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Celebrate National School Breakfast Week March 4-8</p>				3/1/24
				WG Apple Cinnamon Muffin WG Annie's Bunnies Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate
3/4/24	3/5/24	3/6/24	3/7/24	3/8/24
WG Cinnamon Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Applesauce  Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Birthday Cake Mini Pancakes Assorted 100% Fruit Juice Applesauce  Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Banana Muffin WG Cinnamon Goldfish Strawberry Mango Rush Cup  Choice of Milk 1% White, Skim or Fat-Free Chocolate	Egg & Cheese Bagel Assorted 100% Fruit Juice Applesauce  Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG UBR Bar Assorted 100% Fruit Juice Applesauce  Choice of Milk 1% White, Skim or Fat-Free Chocolate
3/11/24	3/12/24	3/13/24	3/14/24	3/15/24
WG Blueberry Lemon Bites WG Choc Elf Bears Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Pancakes or Waffles Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Choc Choc Muffin WG Scooby Snacks Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	Egg & Cheese Bagel Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Blueberry Muffin WG Cheez-Its Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate
3/18/24	3/19/24	3/20/24	3/21/24	3/22/24
WG Granola Crispy Bites WG Cinnamon Goldfish Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Warm Apple Frudel Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Doughnut WG Cocoa Crispy Bites Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	Egg & Cheese Bagel Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate
3/25/24	3/26/24	3/27/24	3/28/24	3/29/24
No School	No School	No School	No School	No School
Free Breakfast and Lunch available to all students when school is in session.				

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Daily we will feature either 2 single grain breakfast items or 1 double grain breakfast item. All grains featured will be whole grain. They may include: muffins, mini loaves, cereal breakfast bars, crackers, or similar breakfast pastries,

Choice of Milk
Choice of Milk - 1% and Fat-Free White

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
Reduced-Sugar Trix
Reduced-Sugar Cocoa Puffs
Reduced-Sugar Cinnamon Toast Crunch
Reduced Sugar Froot Loops
Cinnamon Chex
Cheerios

Breakfast at the Door

Breakfast bags to include breakfast featured on the left

Jenny Johns - G.M.
Jean Viglione - Registered Dietician
Shawn Leh - Chef Manager
Jess Kremer - Chef Manager
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