

**MARCH
2019**



Metz
CULINARY MANAGEMENT

**School District of the City of Erie
High School Breakfast Menu**

What is a Meal?

You must choose at least 3 of the 4 components available for a qualifying school breakfast. A choice of grain or grain/protein, choice of fruit and choice of milk. Choice of Milk - 1% white or fat-free white

Whole Grain Cereal Selection

May Include:

- Cheerios
- Cinnamon Toast Crunch
- Golden Grahams
- Kix
- Lucky Charms
- Reese's Puffs
- Rice Crunch
- Total

Some selections are reduced sugar!

Daily Fruit Selections

May Include:

oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple and mandarin oranges

Menu is subject to change.

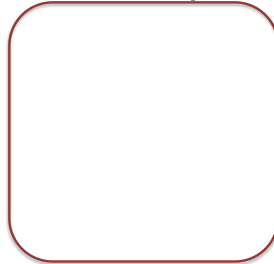
Free breakfast and lunch to all students when school is in session.



Jennifer Johns - Food Service Director
Jean Ager - Registered Dietitian
Rich Stafford - Chef Manager

Phone: 814-874-6885 or Fax: 814-874-6889
USDA is an equal opportunity provider and employer.

Monday



4

Choice of Assorted Cereals
Breakfast Bar
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Breeze/Orange Crush
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

11

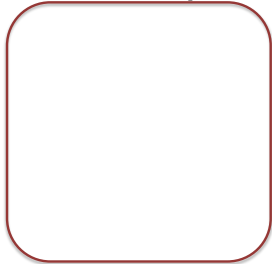
Choice of Assorted Cereals
Belly Bears
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Blitz/Purple Berry Blast
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

18
Non-Attendance Day

25

Choice of Assorted Cereals
Blueberry Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Chocolate Expresso/Orange Crush
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Tuesday



5

Choice of Assorted Cereals
Blueberry Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Breeze/Orange Crush
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12

Choice of Assorted Cereals
Orange Dream Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Blitz/Purple Berry Blast
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

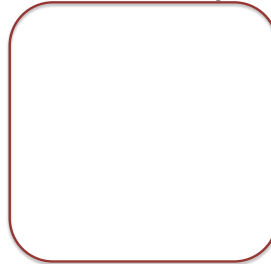
19

Choice of Assorted Cereals
Blueberry Mini Loaf
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Cherry Almond/Pineapple Banana Swirl
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

26

Choice of Assorted Cereals
Belly Bears
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Chocolate Expresso/Orange Crush
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Wednesday



6

Choice of Assorted Cereals
Bagel w/ Cream Cheese
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Breeze/Orange Crush
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

13

Choice of Assorted Cereals
Bagel w/ Cream Cheese
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Blitz/Purple Berry Blast
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

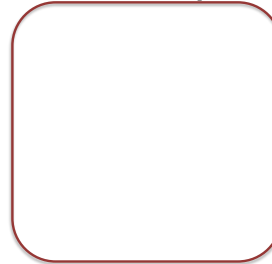
20

Choice of Assorted Cereals
Yogurt & Belly Bears
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Cherry Almond/Pineapple Banana Swirl
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

27

Choice of Assorted Cereals
Banana Mini Loaf
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Chocolate Expresso/Orange Crush
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Thursday



7

Choice of Assorted Cereals
Belly Bears
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Breeze/Orange Crush
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

14

Choice of Assorted Cereals
Blueberry Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Blitz/Purple Berry Blast
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

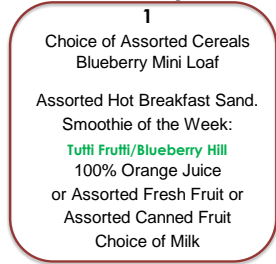
21

Choice of Assorted Cereals
French Toast w/ Syrup
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Cherry Almond/Pineapple Banana Swirl
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

28

Choice of Assorted Cereals
Breakfast Bar
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Chocolate Expresso/Orange Crush
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Friday



1

Choice of Assorted Cereals
Blueberry Mini Loaf
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Tutti Fruiti/Blueberry Hill
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

8

Choice of Assorted Cereals
Orange Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Breeze/Orange Crush
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

15

Choice of Assorted Cereals
Breakfast Bar
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Blitz/Purple Berry Blast
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

22

Choice of Assorted Cereals
Breakfast Bar
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Cherry Almond/Pineapple Banana Swirl
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

29

Non-Attendance Day