

**MAY
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

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

6

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

13

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

20

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

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Non-Attendance Day
Memorial Day

Tuesday

Choice of Assorted Cereals
Orange Dream Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Tutti Frutti/Blueberry Hill
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

7

Choice of Assorted Cereals
Orange Dream Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Tutti Frutti/Blueberry Hill
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

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

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Non-Attendance Day

28

Choice of Assorted Cereals
Apple Spice Mini Loaf
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Straw. Pineapple Banana/Orange Cr.
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Wednesday

1
Choice of Assorted Cereals
Bagel w/ Cream Cheese
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Straw. Pineapple Banana/Orange Cr.
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

8

Choice of Assorted Cereals
Bagel w/ Cream Cheese
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Tutti Frutti/Blueberry Hill
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

15

Choice of Assorted Cereals
Yogurt & Goldfish Grahams
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Strawberry Banana/Cherry Almond
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

22

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

29

Choice of Assorted Cereals
French Toast w/ Syrup
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Straw. Pineapple Banana/Orange Cr.
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Thursday

2
Choice of Assorted Cereals
Goldfish Grahams
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Straw. Pineapple Banana/Orange Cr.
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

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Choice of Assorted Cereals
Blueberry Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Tutti Frutti/Blueberry Hill
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

16

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

23

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

30

Choice of Assorted Cereals
Banana Mini Loaf
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Straw. Pineapple Banana/Orange Cr.
100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Friday

3
Choice of Assorted Cereals
Orange Muffin
Assorted Hot Breakfast Sand.
Smoothie of the Week:
Straw. Pineapple Banana/Orange Cr.
100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

10

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

17

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

24

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

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