



Metz
CULINARY MANAGEMENT

October 30-December 1, 2023 Breakfast Menu Elementary, Eagle's Nest, DiPaolo & Erie Intervention

Monday	Tuesday	Wednesday	Thursday	Friday
10/30/23	10/31/23	11/1/23	11/2/23	11/3/23
WG Trix WG Chat Snax Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cinn Toast Crunch WG Mini Vanilla Wafers Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cinn Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cinnamon Roll Assorted 100% Fruit Juice Choice of Milk 1% or Skim	WB UBR Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23
WG Cocoa Puffs WG Scooby Snacks Assorted 100% Fruit Juice Apple Choice of Milk 1% or Fat-Free	No School	WG Blueberry Lemon Bites WG Chocolate Bear Assorted 100% Fruit Juice Apple Choice of Milk 1% or Fat-Free	WG Chocolate Chip Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% or Fat-Free	WG Blueberry Muffin WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% or Fat-Free
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
WG Cinn Toast Crunch WG Belly Bear Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cinnamon Chex WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cocoa Puffs WG Graham Cracker Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Blueberry Mini Loaf WG Cocoa Crispy Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
No School	No School	No School	No School Thanksgiving	No School
11/27/23	11/28/23	11/29/23	11/30/23	12/1/23
No School	WG Cocoa Puffs WG Berry Animal Crackers Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Crunch Mania Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Maple Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Apple Cinn Muffin WG Annie's Bunnies Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim

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

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
814-874-6885
814-874-6889

Free Breakfast and Lunch available to all students when school is in session.

USDA is an equal opportunity provider and employer.