



Metz
CULINARY MANAGEMENT

Breakfast Menu - Erie High - Breakfast at the Door October 30, 2023-December 1, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
10/30/23	10/31/23	11/1/23	11/2/23	11/3/23
WG Hot Breakfast Sandwich Combo or WG Cinnamon Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Choc Choc Muffin WG Mini Vanilla Wafers Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Banana Mini Loaf WG Chat Snax Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Cinnamon Roll Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WB UBR Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23
WG Hot Breakfast Sandwich Combo or WG Blueberry Lemon Bites WG Choc Elf Bears Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	No School	WG Hot Breakfast Sandwich Combo or WG Choc Choc Muffin WG Scooby Snacks Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Chocolate Chip Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Blueberry Muffin WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
WG Hot Breakfast Sandwich Combo or WG Granola Crispy Bites WG Cinnamon Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Apple Frudel Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Doughnut WG Cocoa Crispy Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Donut Holes Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
No School	No School	No School	No School	No School
11/27/23	11/28/23	11/29/23	11/30/23	12/1/23
No School	WG Hot Breakfast Sandwich Combo or WG Cinna Mini Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Choc Chip Loaf WG Cheez-It's Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Maple Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Apple Cinn Muffin WG Annie's Bunnies Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate

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

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

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