



Metz
CULINARY MANAGEMENT

Breakfast Menu - Middle School - 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 Hot Breakfast Sandwich Combo or WG Hot Breakfast Sandwich Combo				
WG Cinnamon Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Choc Choc Muffin WG Mini Vanilla Wafers Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Banana Mini Loaf WG Chat Snax Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Cinnamon Roll Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	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 Hot Breakfast Sandwich Combo or No School				
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 Choc Choc Muffin WG Scooby Snacks Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Chocolate Chip Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	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 Hot Breakfast Sandwich Combo or WG Hot Breakfast Sandwich Combo				
WG Granola Crispy Bites WG Cinnamon Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Apple Frudel Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Doughnut WG Cocoa Crispy Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Donut Holes Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	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 or No School or No School or No School or No School				
No School or No School or No School or No School or No School				
Thanksgiving				
11/27/23	11/28/23	11/29/23	11/30/23	12/1/23
WG Hot Breakfast Sandwich Combo or WG Hot Breakfast Sandwich Combo or WG Hot Breakfast Sandwich Combo				
No School or No School or No School or No School or No School				
No School	WG Cinna Mini Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Choc Chip Loaf WG Cheez-It's Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Maple Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	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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