



Metz
CULINARY MANAGEMENT

Breakfast Menu - East Middle School April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/24	4/2/24	4/3/24	4/4/24	4/5/24
No School	WG Cinna Mini Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Choc Chip Loaf WG Cheez-Its Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Egg & Cheese Bagel Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Apple Cinnamon Muffin WG Annie's Bunnies Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate
4/8/24	4/9/24	4/10/24	4/11/24	4/12/24
Non-Attendance Day	WG Chocolate Muffin WG Mini Vanilla Wafers Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Banana Mini Loaf WG Chat Snax Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Sausage, Egg & Cheese Bagel Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG UBR Bar Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate
4/15/24	4/16/24	4/17/24	4/18/24	4/19/24
WG Cinnamon Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Pancakes or Waffles Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Choc Choc Muffin WG Scooby Snacks Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Egg & Cheese Bagel Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Blueberry Muffin WG Cheez-Its Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate
4/22/24	4/23/24	4/24/24	4/25/24	4/26/24
WG Blueberry Lemon Bites WG Choc Elf Bears Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	Non-Attendance Day	WG Doughnut WG Cocoa Crispy Bites Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Sausage, Egg & Cheese Bagel Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate
4/29/24	4/30/24			
WG Granola Crispy Bites WG Cinnamon Goldfish Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Apple Frudel Assorted 100% Fruit Juice Applesauce 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 (Phone)
814-874-6889 (Fax)

USDA is an equal opportunity provider and employer.