



Metz
CULINARY MANAGEMENT

Breakfast Menu - East Middle School February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			2/1/24	2/2/24
			WG Maple Waffle Snaps 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
2/5/24	2/6/24	2/7/24	2/8/24	2/9/24
WG Cinnamon Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Maple Pancakes 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	Egg & Cheese Breakfast Sandwich 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
2/12/24	2/13/24	2/14/24	2/15/24	2/16/24
WG Blueberry Lemon Bites WG Choc Elf Bears Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Pancakes/Waffles Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Donut Holes Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Pancake Wrapped Sausage 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
2/19/24	2/20/24	2/21/24	2/22/24	2/23/24
No School	WG Breakfast Pizza Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Doughnut WG Cocoa Crispy Bites Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	Egg & Cheese Breakfast Sandwich 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
2/26/24	2/27/24	2/28/24	2/29/24	
WG Crunch Mania Assorted 100% Fruit Juice Applesauce Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Breakfast Pizza 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	Egg & Cheese Breakfast Sandwich 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
814-874-6889

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