



**Metz**  
CULINARY MANAGEMENT

## Breakfast Menu - East Middle School May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>5/1/24</b>	<b>5/2/24</b>	<b>5/3/24</b>
		WG Doughnut WG Cocoa Crispy Bites Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Donut Holes  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>
<b>5/6/24</b>	<b>5/7/24</b>	<b>5/8/24</b>	<b>5/9/24</b>	<b>5/10/24</b>
WG Crunch Mania  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Cinna Mini  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Choc Chip Loaf WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Maple Waffle Snaps  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Apple Cinnamon Muffin WG Annie's Bunnies Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>
<b>5/13/24</b>	<b>5/14/24</b>	<b>5/15/24</b>	<b>5/16/24</b>	<b>5/17/24</b>
WG Cinnamon Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Chocolate Muffin WG Mini Vanilla Wafers Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Banana Mini Loaf WG Chat Snax Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Cinnamon Roll  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG UBR Bar  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>
<b>5/20/24</b>	<b>5/21/24</b>	<b>5/22/24</b>	<b>5/23/24</b>	<b>5/24/24</b>
WG Blueberry Lemon Bites WG Choc Elf Bears Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Apple Nutri Grain Bar WG Bug Bites Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Chocolate Chocolate Muffin WG Scooby Snacks Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Chocolate Chip Waffle Snaps  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Blueberry Muffin WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>
<b>5/27/24</b>	<b>5/28/24</b>	<b>5/29/24</b>	<b>5/30/24</b>	<b>5/31/24</b>
No School  Memorial Day	WG Apple Frudel  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Doughnut WG Cocoa Crispy Bites Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Donut Holes  Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>	WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Apple Choice of Milk <small>1% White, Skim or Fat-Free Chocolate</small>

**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)

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