



**Metz**  
CULINARY MANAGEMENT

## Breakfast Menu - Erie High Breakfast at the Door February 27, 2023 - March 24, 2023

Monday 2/27/23	Tuesday 2/28/23	Wednesday 3/1/23	Thursday 3/2/23	Friday 3/3/23
WG Hot Breakfast Sandwich Combo or WG Crunch Mania	WG Hot Breakfast Sandwich Combo or WG Cinna Mini	WG Hot Breakfast Sandwich Combo or WG Choc Chip Loaf Wg Cheez-Its	WG Hot Breakfast Sandwich Combo or WG Maple Waffle Snaps	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	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
<b>3/6/23</b>	<b>3/7/23</b>	<b>3/8/23</b>	<b>3/9/23</b>	<b>3/10/23</b>
WG Hot Breakfast Sandwich Combo or WG Cinnamon Crispy Bites WG Strawberry Bar	WG Hot Breakfast Sandwich Combo or WG Choc Muffin WG Mini Vanilla Wafers	WG Hot Breakfast Sandwich Combo or Wg Banana Muffin WG Chat Snax	WG Hot Breakfast Sandwich Combo or WG Cinnamon Roll	WG Hot Breakfast Sandwich Combo or WB UBR Bar
Assorted 100% Fruit Juice Apple Choice of Milk	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
<b>3/13/23</b>	<b>3/14/23</b>	<b>3/15/23</b>	<b>3/16/23</b>	<b>3/17/23</b>
Non-Attendance Day	WG Hot Breakfast Sandwich Combo or WG Apple Nutri Grain Bar WG Bug Bites	WG Hot Breakfast Sandwich Combo or WG Choc Chip Muffin Wg Scooby Snacks	WG Hot Breakfast Sandwich Combo or WG Chocolate Chip Waffle Snaps	WG Hot Breakfast Sandwich Combo or WG Blueberry Muffin WG Cheez-Its
WG Blueberry Lemon Bites WG Chocolate Elf	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
<b>3/20/23</b>	<b>3/21/23</b>	<b>3/22/23</b>	<b>3/23/23</b>	<b>3/24/23</b>
WG Hot Breakfast Sandwich Combo or WG Granola Crispy Bites WG Cinnamon Elf	WG Hot Breakfast Sandwich Combo or WG Apple Frudel	WG Hot Breakfast Sandwich Combo or WG Doughnut Wg Cinnamon Goldfish	WG Hot Breakfast Sandwich Combo or WG Blueberry Mini Loaf WG Cocoa Crispy Bites	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	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
<b>3/27/23</b>	<b>3/28/23</b>	<b>3/29/23</b>	<b>3/30/23</b>	<b>3/31/23</b>

**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

**Free Breakfast and Lunch available to all students when school is in session.**

USDA is an equal opportunity provider and employer.