



**Metz**  
CULINARY MANAGEMENT

## Breakfast Menu - Middle School- Breakfast at the Door April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4/1/24</b>	<b>4/2/24</b>	<b>4/3/24</b>	<b>4/4/24</b>	<b>4/5/24</b>
WG Hot Breakfast Sandwich Combo or				
No School	WG Crunch Mania  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 Apple Frudel  Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG UBR Bar  Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
<b>4/8/24</b>	<b>4/9/24</b>	<b>4/10/24</b>	<b>4/11/24</b>	<b>4/12/24</b>
WG Hot Breakfast Sandwich Combo or				
Non-Attendance Day	WG Chocolate Muffin WG Mini Vanilla Wafers Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Choc Chip Loaf WG Cheez-Its 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 Cinnamon Muffin WG Annie's Bunnies Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
<b>4/15/24</b>	<b>4/16/24</b>	<b>4/17/24</b>	<b>4/18/24</b>	<b>4/19/24</b>
WG Hot Breakfast Sandwich Combo or				
WG Cinnamon Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Cinna Mini  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	WG UBR Bar  Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
<b>4/22/24</b>	<b>4/23/24</b>	<b>4/24/24</b>	<b>4/25/24</b>	<b>4/26/24</b>
WG Hot Breakfast Sandwich Combo or				
WG Blueberry Lemon Bites WG Choc Elf Bears Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	Non-Attendance Day	WG Chocolate Chocolate 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
<b>4/29/24</b>	<b>4/30/24</b>			
WG Hot Breakfast Sandwich Combo or				
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			
<b>Free Breakfast and Lunch available to all students when school is in session.</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  
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