



Metz
CULINARY MANAGEMENT

North Schuylkill Breakfast Menu

Monday 9/2/24	Tuesday 9/3/24	Wednesday 9/4/24	Thursday 9/5/24	Friday 9/6/24
NO SCHOOL	French Toast Sticks or Assorted Cereals with Muffin or Toast	Pancake Bites or Assorted Cereals with Muffin or Toast	Iced Donuts with Sprinkles or Assorted Cereals with Muffin or Toast	Bacon, Egg, Cheese Bagel or Assorted Cereals with Muffin or Toast
	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
Breakfast Chicken on a Biscuit or Assorted Cereals with Muffin or Toast	French Toast Bites or Assorted Cereals with Muffin or Toast	Sausage Biscuit or Assorted Cereals with Muffin or Toast	Ham, Egg, Cheese on a Bagel or Assorted Cereals with Muffin or Toast	Breakfast Pizza or Assorted Cereals with Muffin or Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
Fluffy Pancakes or Assorted Cereals with Muffin or Toast	French Toast Sticks or Assorted Cereals with Muffin or Toast	Pancake Bites or Assorted Cereals with Muffin or Toast	Breakfast Chicken on a Biscuit or Assorted Cereals with Muffin or Toast	Bacon, Egg, Cheese on a Bagel or Assorted Cereals with Muffin or Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
9/23/24	9/24/24	9/25/24	9/26/24	9/27/24
Waffles with Fruit Toppings or Assorted Cereals with Muffin or Toast	French Toast Bites or Assorted Cereals with Muffin or Toast	Sausage, Egg, Cheese on a Biscuit or Assorted Cereals with Muffin or Toast	Apple Frudel or Assorted Cereals with Muffin or Toast	Breakfast Pizza or Assorted Cereals with Muffin or Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
Student Paid Breakfast \$0.00		Student Reduced Breakfast \$0.00		Adult Breakfast \$1.95

What is a Meal?
You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup)
and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:
Cinnamon Toast Crunch
Trix
Cocoa Puffs
Cheerios
Honey-Nut Cheerios
Fruit Loops

