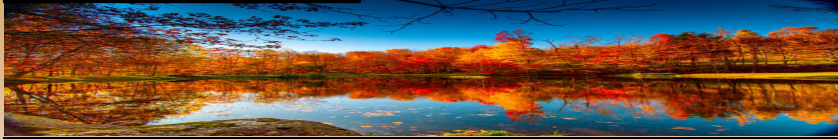


USDA is an equal opportunity provider and employer



**Metz**  
CULINARY MANAGEMENT

**fflin County School District**  
**MI**  
**October Elementary-Intermediate**  
**Breakfast**



*Start Your Day Off with a FREE Breakfast for the 2024-2025 School Year!!!!*

Monday	Tuesday	Wednesday	Thursday	Friday
<u>September 30</u> Assorted Cereal w/ Muffin	<u>October 1</u> French Toast Sticks Or Cereal w/ Muffin	<u>October 2</u> Donut Day Or Cereal w/ Yogurt	<u>October 3</u> Pancakes Or Cereal w/ Muffin	<u>October 4</u> Assorted Cereal w/ Muffin
<u>October 7</u> Assorted Cereal w/ String Cheese	<u>October 8</u> Pancake on a Stick Or Cereal w/ Muffin	<u>October 9</u> Dutch Waffle Or Cereal w/ Yogurt	<u>October 10</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>October 11</u> Assorted Cereal w/ Muffin
<u>October 14</u> <b>No School</b> <b>Act 80 Day</b>	<u>October 15</u> Breakfast Pizza Or Cereal w/ Muffin	<u>October 16</u> Donut Day Or Cereal w/ Yogurt	<u>October 17</u> Pancakes Or Cereal w/ Muffin	<u>October 18</u> Assorted Cereal w/ Muffin
<u>October 21</u> Assorted Cereal w/ String Cheese	<u>October 22</u> French Toast Sticks Or Cereal w/ Muffin	<u>October 23</u> Dutch Waffle Or Cereal w/ Yogurt	<u>October 24</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>October 25</u> Assorted Cereal w/ Muffin
<u>October 28</u> Assorted Cereal w/ Muffin	<u>October 29</u> Breakfast Pizza Or Cereal w/ Muffin	<u>October 30</u> Donut Day Or Cereal w/ Yogurt	<u>October 31</u> Pancakes Or Cereal w/ Muffin	<u>November 1</u> Assorted Cereal w/ Muffin

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

**Whole Grain Cereal Selection May Include:**  
Cinnamon Toast Crunch  
Trix, Cocoa Puffs, Cheerios  
Rice Crunch, Kix, Cheerios  
Fruit Loops, Frosted Flakes  
Rice Krispies, Reese's

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

**Questions?**

Please Contact  
Bob DuFour

Director of Foodservice  
rd02@mcsdk12.org  
717-248-0148...ext..2514