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Metz
CULINARY MANAGEMENT

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>November 4th</u> Assorted Cereal w/ Muffin	<u>November 5th</u> French Toast Sticks Or Cereal w/ Muffin	<u>November 6th</u> Donut Day Or Cereal w/ Yogurt	<u>November 7th</u> Pancakes Or Cereal w/ Muffin	<u>November 8th</u> Assorted Cereal w/ Muffin
<u>November 11th</u> No School Veteran's Day	<u>November 12th</u> Pancake on a Stick Or Cereal w/ Muffin	<u>November 13th</u> Dutch Waffle Or Cereal w/ Yogurt	<u>November 14th</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>November 15th</u> Assorted Cereal w/ Muffin
<u>November 18th</u> Assorted Cereal w/ Muffin	<u>November 19th</u> Breakfast Pizza Or Cereal w/ Muffin	<u>November 20th</u> Donut Day Or Cereal w/ Yogurt	<u>November 21th</u> Pancakes Or Cereal w/ Muffin	<u>November 22th</u> Assorted Cereal w/ Muffin
<u>November 25th</u> Assorted Cereal w/ String Cheese	<u>November 26th</u> French Toast Sticks Or Cereal w/ Muffin	<u>November 27th</u> No School Thanksgiving Break	<u>November 28th</u> No School Thanksgiving Break	<u>November 29th</u> No School Thanksgiving Break
<u>December 2nd</u> No School Thanksgiving Break				

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
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