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Metz
CULINARY MANAGEMENT

Metz **Efflin County School District**
January Elementary-Intermediate
Breakfast

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>January 2</u> Pancakes Or Cereal w/ Muffin	<u>January 3</u> Assorted Cereal w/ Muffin
<u>January 6</u> Assorted Cereal w/ Cheese Stick	<u>January 7</u> Pancake on a Stick Or Cereal w/ Muffin	<u>January 8</u> Dutch Waffle Or Cereal w/ Yogurt	<u>January 9</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>January 10</u> Assorted Cereal w/ Muffin
<u>January 13</u> Assorted Cereal w/ Muffin	<u>January 14</u> Breakfast Pizza Or Cereal w/ Muffin	<u>January 15</u> Donut Day Or Cereal w/ Yogurt	<u>January 16</u> Pancakes Or Cereal w/ Muffin	<u>January 17</u> Assorted Cereal w/ Muffin
<u>January 20</u> No School MLK Day	<u>January 21</u> Pancake on a Stick Or Cereal w/ Muffin	<u>January 22</u> Dutch Waffle Or Cereal w/ Yogurt	<u>January 23</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>January 24</u> Assorted Cereal w/ Muffin
<u>January 27</u> Assorted Cereal w/ Muffin	<u>January 28</u> Breakfast Pizza Or Cereal w/ Muffin	<u>January 29</u> Donut Day Or Cereal w/ Yogurt	<u>January 30</u> Pancakes Or Cereal w/ Muffin	<u>January 31</u> No School Act 80 Day

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

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