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Metz
CULINARY MANAGEMENT

Efflin County School District
MI
March Elementary-Intermediate
Breakfast

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

Monday	Tuesday	Wednesday	Thursday	Friday
<u>March 3</u> Assorted Cereal w/ Muffin	<u>March 4</u> Breakfast Pizza Or Cereal w/ Muffin	<u>March 5</u> Donut Day Or Cereal w/ Yogurt	<u>March 6</u> Pancakes Or Cereal w/ Muffin	<u>March 7</u> Assorted Cereal w/ Muffin
<u>March 10</u> Assorted Cereal w/ Cheese Stick	<u>March 11</u> Pancake on a Stick Or Cereal w/ Muffin	<u>March 12</u> Dutch Waffle Or Cereal w/ Yogurt	<u>March 13</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>March 14</u> No School Act 80 Day
<u>March 17</u> Assorted Cereal w/ Muffin	<u>March 18</u> Breakfast Pizza Or Cereal w/ Muffin	<u>March 19</u> Donut Day Or Cereal w/ Yogurt	<u>March 20</u> Pancakes Or Cereal w/ Muffin	<u>March 21</u> Assorted Cereal w/ Muffin
<u>March 24</u> Assorted Cereal w/ Cheese Stick	<u>March 25</u> Pancake on a Stick Or Cereal w/ Muffin	<u>March 26</u> Dutch Waffle Or Cereal w/ Yogurt	<u>March 27</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>March 28</u> Assorted Cereal w/ Muffin
<u>March 31</u> Assorted Cereal w/ Muffin				

Menu is Subject to Change Based on Product Availability.

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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