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**Metz**  
CULINARY MANAGEMENT

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

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

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

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

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717-248-0148...ext..2514

Menu is Subject to Change Based on Product