

Commodore Perry Metz

CULINARY MANAGEMENT



Breakfast Menu 2018

Monday Tuesday Wednesday Thursday Friday

1/1/18	1/2/18	1/3/18	1/4/18	1/5/18
NO School Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	NO School Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Bagel w/Cream Cheese or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Funnel Cake or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Sausage & Cheese Bagel or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/8/18 Powdered Donuts or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/9/18 Banana mini loaf or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/10/18 Scrambled Eggs Potato & Sausage or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/11/18 French Toast Sticks or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/12/18 NO School Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/15/18 NO School Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/16/18 Cherry Frudel or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/17/18 Breakfast sandwich or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Fruit	1/18/18 Scrambled egg & cheese wrap or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/19/18 Waffles & syrup or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/22/18 Breakfast sausage wrap or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/23/18 Blueberry muffin or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/24/18 Ham & Cheese croissant or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/25/18 Pancakes & syrup or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/26/18 Sausage & cheese muffin or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
1/29/18 Mini cinnamon rolls or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/30/18 Funnel cake or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1/31/18 Bagel & cream cheese or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk		

What is a Meal?
You must choose at least 3 of the 4 components available for the school breakfast price. You
Choice of: Grain or grain/protein
Choice of fruit (at least 1/2 cup must be taken with every breakfast) and
Choice of Milk
Choice of Milk - 1% white, fat-free white, and fat-free chocolate

Whole Grain Cereal Selection
May Include: Reduced Sugar
Cinnamon Toast Crunch
Reduced Sugar Coca Puffs
Lucky Charms

Fruit May Include:
Must choose at least 1/2 cup
Canned peaches, applesauce, canned pears, canned pineapple, fruit cocktail, mandarin oranges, 100% juice, and fresh fruit selection

This institution is an equal opportunity provider

