

Commodore Perry



Metz
CULINARY MANAGEMENT

Breakfast Menu February 2018

Monday

Tuesday

Wednesday

Thursday

Friday

			2/1/18 Funnel Cake or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/2/18 Sausage & Cheese Bagel or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/5/18 Powdered Donuts or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/6/18 Banana mini loaf or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/7/18 Scrambled Eggs Potato & Sausage or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/8/18 French Toast Sticks or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/9/18 Cinnamon Roll or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/12/18 Waffles or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/13/18 Cherry Frudel or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice Of Milk	2/14/18 Breakfast sandwich or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Fruit	2/15/18 Scrambled egg & cheese wrap or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/16/18 NO School
2/19/18 No SCHOOL	2/20/18 Blueberry muffin or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/21/18 Ham & Cheese croissant or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice Of Milk	2/22/18 Pancakes & syrup or Breakfast pizza or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/23/18 Sausage & cheese muffin or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/26/18 Mini cinnamon rolls or Breakfast pizza Assorted 100%Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/27/18 Funnel cake or Breakfast pizza Assorted 100%Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/28/18 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

