

Commodore Perry



Metz
CULINARY MANAGEMENT

Breakfast Menu March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



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

			3/1/18 Funnel Cake or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/2/18 Green Eggs and Ham
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3/5/18 Powdered Donuts or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/6/18 Banana mini loaf or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/7/18 Scrambled Eggs Potato & Sausage or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/8/18 French Toast Sticks or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/9/18 Cinnamon Roll or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
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3/12/18 Waffles or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/13/18 Cherry Frudel or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice Of Milk	3/14/18 Breakfast sandwich or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/15/18 Scrambled egg & cheese wrap or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/16/14 Donuts or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
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Whole Grain Cereal Selection
May Include: Reduced Sugar
Cinnamon Toast Crunch
Reduced Sugar Coca Puffs Lucky Charms

3/19/18 Waffels or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/20/18 Blueberry muffin or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/21/18 Ham & Cheese croissant or Breakfast Pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice Of Milk	3/22/18 Pancakes & syrup or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/23/18 Sausage & cheese muffin or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
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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

3/26/18 Mini cinnamon rolls or Breakfast pizza Assorted 100%Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/27/18 Funnel cake or Breakfast pizza Assorted100%Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/28/18 Bagel & cream cheese or Breakfast pizza Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/29/18 	3/30/18
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This institution is an equal opportunity provider

