



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily	
<p>3</p> <p>Blueberry Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>4</p> <p>French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>5</p> <p>Strawberry Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>6</p> <p>Lemon Bread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>7</p> <p>Pillsbury Cherry Frudel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereal Bars Cinnamon Toast Crunch, Trix, Cocoa Puffs, Golden Grahams, and Various Nutri-Grain Flavors</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white or fat-free chocolate</p> <p>All Offered Breakfast Items meet USDA Child Nutrition Program's criteria for Grain and Whole Grain-Rich meals. All items are free from artificial flavors, colors and high fructose corn syrup. Name Brand items are formulated for K-12 Schools, and have nutritional values that differ from their store bought counterparts. Reduced Sugar, Reduced Fat. Healthy Start!</p>	
<p>10</p> <p>Apple Cinnamon Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>11</p> <p>Bagel, Egg, & Cheese</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>12</p> <p>Blueberry Bread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>13</p> <p>Cinni Mini</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>14</p> <p>Pillsbury Strawberry Cream Cheese Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>		
<p>17</p> <p>Banana Bread</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>18</p> <p>WG Pancakes</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>19</p> <p>WG Chocolate Chip Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>20</p> <p>French Toast</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>21</p> <p>Pillsbury Apple Frudel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>		
<p>24</p> <p>Banana Muffin</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>25</p> <p>WG Waffles</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>26</p> <p>Whole Grain Donut</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>27</p> <p>Bagel, Egg, & Cheese</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>	<p>28</p> <p>Blueberry Bagel</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>		
<p>31</p> <p>WG Cinnamon Roll</p> <p>Assorted Cereals or Cereal Bar with Graham Crackers</p>						
<p>Metz Culinary at Jenkintown Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com</p>			<p>Meal Prices Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$2.85</p>			

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.