

Breakfast Menu

April 2026

BABY



Black Bean

**Meet Your Nutritious Friend:
Baby Black Bean**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
Blueberry Bread or Cereal Bar with Graham Crackers	Pillsbury Cinnamon Cream Cheese Mini or Cereal Bar with Graham Crackers	Toasted Bagel w/ Cream Cheese or Cereal Bar with Graham Crackers	Reduced Sugar Cereal Bowl Selection or Cereal Bar with Graham Crackers	Eggo WG Waffle or Cereal Bar with Graham Crackers
13	14	15	16	17
Mini Maple Pancakes or Cereal Bar with Graham Crackers	Bagel, Egg, & Cheese or Cereal Bar with Graham Crackers	Cherry Frudel or Cereal Bar with Graham Crackers	French Toast or Cereal Bar with Graham Crackers	Nature Valley Apple Cinnamon Oatmeal Round or Cereal Bar with Graham Crackers
20	21	22	23	24
Mini Cinni Rolls or Cereal Bar with Graham Crackers	Breakfast Pizza or Cereal Bar with Graham Crackers	Assorted Yogurt with Graham Crackers or Cereal Bar with Graham Crackers	Lemon Bread or Cereal Bar with Graham Crackers	Banana Muffin or Cereal Bar with Graham Crackers
27	28	29	30	
Blueberry Muffin or Cereal Bar with Graham Crackers	Bagel, Egg, & Cheese or Cereal Bar with Graham Crackers	Eggo WG Funfetti Pancakes or Cereal Bar with Graham Crackers	French Toast or Cereal Bar with Graham Crackers	

What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereal Bars

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Golden Grahams, and Various Nutri-Grain Flavors

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% White or Fat-Free Chocolate

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!

Metz Culinary at Jenkintown

Chris Talmadge, General Manager

Chris.Talmadge@metzcorp.com

Meal Prices

Student Breakfast

FREE

Reduced Breakfast

FREE

Faculty Breakfast

\$2.85



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES