

Breakfast Menu

May 2026



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pillsbury Strawberry Cream Cheese Bagel Bites or Cereal Bar with Graham Crackers
4 Apple Cinnamon Muffin or Cereal Bar with Graham Crackers	5 Eggo WG Waffle or Cereal Bar with Graham Crackers	6 Cinni Mini or Cereal Bar with Graham Crackers	7 Chocolate Chip Oatmeal Bar or Cereal Bar with Graham Crackers	8 Yogurt w/ Graham Crackers or Cereal Bar with Graham Crackers
11 Mini WG Blueberry Donut Holes or Cereal Bar with Graham Crackers	12 French Toast or Cereal Bar with Graham Crackers	13 WG Cinnamon Cream Cheese Bagel Bites or Cereal Bar with Graham Crackers	14 Tony's Breakfast Pizza Bagel or Cereal Bar with Graham Crackers	15 Banana Muffin or Cereal Bar with Graham Crackers
18 Chocolate Chip Muffin or Cereal Bar with Graham Crackers	19 NO SCHOOL	20 Toasted Plain Bagel or Cereal Bar with Graham Crackers	21 WG Pancake Puffs or Cereal Bar with Graham Crackers	22 Blueberry Muffin or Cereal Bar with Graham Crackers
25 NO SCHOOL MEMORIAL DAY	26 Pillsbury Apple Frudel or Cereal Bar with Graham Crackers	27 Whole Grain Honey Bun or Cereal Bar with Graham Crackers	28 Yogurt w/ Graham Crackers or Cereal Bar with Graham Crackers	29 Strawberry Pancakes 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.

Whole Grain, Reduced Sugar, Reduced Fat. Healthy Start!

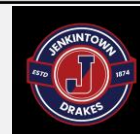
Metz Culinary at Jenkintown

Chris Talmadge, General Manager

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Meal Prices

Student Breakfast FREE
Reduced Breakfast FREE
Faculty Breakfast \$2.85



Metz
CULINARY MANAGEMENT
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