

October 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			Chocolate Chip French Toast ¹	Apple Strudel ²
Mini Cinni Rolls ⁵	Breakfast Pizza ⁶	Apple Pie Smoothie Bowl with Graham Crackers ⁷	French Toast Sticks with Syrup ⁸	Breakfast Banana Split ⁹
NO SCHOOL!! ¹²	Breakfast Pizza ¹³	Egg & Cheese Croissant ¹⁴	Chocolate Chip French Toast ¹⁵	NO SCHOOL!! ¹⁶
Glazed Dunkin Sticks ¹⁹	Breakfast Pizza ²⁰	Strawberries & Cream Smoothie Bowl with Graham Crackers ²¹	French Toast Sticks with Syrup ²²	Dutch Waffle ²³
Mini Maple Pancakes ²⁶	Breakfast Pizza ²⁷	Egg, Sausage & Cheese Maple Flatbread ²⁸	Chocolate Chip French Toast ²⁹	Apple Strudel ³⁰

MAKE IT A MEAL!

Choose at least 3 of 4 meal components for the school breakfast price:
Whole Grain, Meat/Meat Alternative, Fruit/Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a breakfast.

Available Daily

Assorted cereals and cereal bars
[served with Graham crackers]
Cinnamon Toast Crunch, Trix, Cocoa Puffs,
Lucky Charms, Froot Loops, Cheerios

Fruit Selection

[Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice]
Students may choose two ½ cup servings.

Your Dining Services Team

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



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES