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Metz
CULINARY MANAGEMENT

Mifflin County School District
April Elementary-Intermediate
Breakfast Menu



*Start Your Day Off with a **FREE** Breakfast for the
2023-2024 School Year!!!!*

Monday	Tuesday	Wednesday	Thursday	Friday
<u>April 1</u> Assorted Cereal w/ Muffin	<u>April 2</u> Breakfast Pizza Or Cereal w/ Muffin	<u>April 3</u> Donut Day Or Cereal w/ Yogurt	<u>April 4</u> Pancakes Or Cereal w/ Muffin	<u>April 5</u> Assorted Cereal w/ Muffin
<u>April 8</u> Assorted Cereal w/ String Cheese	<u>April 9</u> Pancake on a Stick Or Cereal w/ Muffin	<u>April 10</u> Dutch Waffle Or Cereal w/ Yogurt	<u>April 11</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>April 12</u> Assorted Cereal w/ Muffin
<u>April 15</u> Assorted Cereal w/ Muffin	<u>April 16</u> Breakfast Pizza Or Cereal w/ Muffin	<u>April 17</u> Donut Day Or Cereal w/ Yogurt	<u>April 18</u> Pancakes Or Cereal w/ Muffin	<u>April 19</u> Assorted Cereal w/ Muffin
<u>April 22</u> Assorted Cereal w/ String Cheese	<u>April 23</u> No School for Students Primary Election Day	<u>April 24</u> Dutch Waffle Or Cereal w/ Yogurt	<u>April 25</u> Egg & Cheese Biscuit Or Cereal w/ Muffin	<u>April 26</u> Assorted Cereal w/ Muffin
<u>April 29</u> Assorted Cereal w/ Muffin	<u>April 30</u> Breakfast Pizza Or Cereal w/ Muffin			

What is a Meal?
You must choose at
least 3 of the 4
components available
for the school breakfast
price.

Choice of: Grain or
grain/protein
Choice of fruit or
vegetable

(must take at least a
1/2 cup)
and

Choice of Milk
You must take at least
1/2 cup of fruit or
vegetable

Whole Grain Cereal
Selection May Include:
Cinnamon Toast Crunch
Trix, Cocoa Puffs, Cheerios
Rice Crunch, Kix, Cheerios
Fruit Loops, Frosted Flakes
Rice Krispies, Reese's

Fruit May Include:
Canned peaches,
applesauce, pears,
pineapple, fruit cocktail,
mandarin oranges,
100% juice (apple, orange,
grape),
fresh fruit selection includ-
ing apples, bananas and
oranges

Questions?

Please Contact
Bob DuFour

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717 248 0148...ext..2514

Menu is Subject to Change Based on Product Availability.