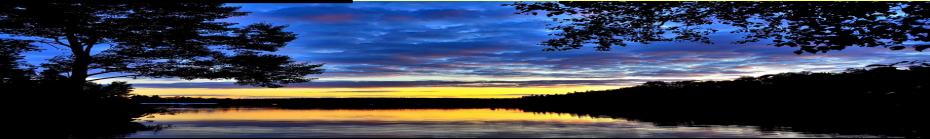


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**Metz**  
CULINARY MANAGEMENT

**Efflin County School District**  
**MI**  
**May Elementary-Intermediate**  
**Breakfast Menu**



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

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
|  |  | <u>May 1</u><br>Donut Day<br>Or Cereal w/ Yogurt     | <u>May 2</u><br>Pancakes<br>Or Cereal w/ Muffin              | <u>May 3</u><br>Assorted Cereal w/<br>Muffin    |
| <u>May 6</u><br>Assorted Cereal w/<br>String Cheese      | <u>May 7</u><br>Pancake on a Stick<br>Or Cereal w/ Muffin  | <u>May 8</u><br>Dutch Waffle<br>Or Cereal w/ Yogurt  | <u>May 9</u><br>Egg & Cheese Biscuit<br>Or Cereal w/ Muffin  | <u>May 10</u><br>Assorted Cereal w/<br>Muffin   |
| <u>May 13</u><br>Assorted Cereal w/<br>Muffin            | <u>May 14</u><br>Breakfast Pizza<br>Or Cereal w/ Muffin    | <u>May 15</u><br>Donut Day<br>Or Cereal w/ Yogurt    | <u>May 16</u><br>Pancakes<br>Or Cereal w/ Muffin             | <u>May 17</u><br>Assorted Cereal w/<br>Muffin   |
| <u>May 20</u><br>Assorted Cereal w/<br>String Cheese     | <u>May 21</u><br>Pancake on a Stick<br>Or Cereal w/ Muffin | <u>May 22</u><br>Dutch Waffle<br>Or Cereal w/ Yogurt | <u>May 23</u><br>Egg & Cheese Biscuit<br>Or Cereal w/ Muffin | <u>May 24</u><br>Assorted Cereal w/<br>Muffin   |
| <u>May 27</u><br><b>No School</b><br><b>Memorial Day</b> | <u>May 28</u><br>Breakfast Pizza<br>Or Cereal w/ Muffin    | <u>May 29</u><br>Donut Day<br>Or Cereal w/ Yogurt    | <u>May 30</u><br><b>Chef's</b><br><b>Choice</b>              | <u>May 31</u><br><b>Chef's</b><br><b>Choice</b> |

**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 including apples, bananas and oranges

**Questions?**

Please Contact  
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717-248-0148...ext..2514