

At Peace



Meet Your Nutritious Friend:
At Peace Apple

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL LABOR DAY	2 Pancakes Or Assorted Cereals with toast	3 Breakfast Pizza Or Assorted Cereals with toast	4 Breakfast Pizza Or Assorted Cereals with toast	5 Croissant Sandwich Or Assorted Cereals with toast
8 Sausage and Egg Wrap Or Assorted Cereals with toast	9 French Toast Or Assorted Cereals with toast	10 Breakfast Pizza Or Assorted Cereals with toast	11 Waffles Or Assorted Cereals with toast	12 Croissant Sandwich Or Assorted Cereals with toast
15 Sausage and Egg Wrap Or Assorted Cereals with toast	16 Waffles Or Assorted Cereals with toast	17 Breakfast Pizza Or Assorted Cereals with Toast	18 Breakfast Pizza Or Assorted Cereals with toast	19 Croissant Sandwich Or Assorted Cereals with toast
22 No Breakfast Scheduled 2 Hour Delay	23 Sausage and Egg Wrap Or Assorted Cereals with toast	24 Pancakes Or Assorted Cereals With toast	25 Breakfast Pizza or Assorted Cereals with toast	26 Breakfast Banana Split or Assorted Cereals or Cereal Bar with Graham Crackers
29 Mini Maple Pancakes or Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	1 Egg, Sausage & Cheese Maple Flatbread or Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers	3 Apple Strudel or Assorted Cereals 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 ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Choice of Fruit

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

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Bernie Kelly, General Manager
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Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.85



Metz
CULINARY MANAGEMENT
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