



January
2022

Happy
New Year



Metz
CULINARY MANAGEMENT

DuBois SCHOOL DISTRICT ELEMENTARY BREAKFAST MENU



What is a Meal?
ALL COMPONENTS ARE INCLUDED IN BREAKFAST
 Grain or grain/protein
 Fruit or Fruit Juice
 (must take at least a 1/2 cup)
 and
 Choice of Milk - 1% white and fat-free chocolate

ALL STUDENTS MAY RECEIVE 1 FREE BREAKFAST DAILY

Fruit May include:
 Apples / Apple Slices
 Raisins
 Peaches / Pears
 Mixed Fruit

Breakfast will include
 Breakfast entree &
 100% Fruit Juice and Fruit




Monday	Tuesday	Wednesday	Thursday	Friday
3 Cinnamon Toast Crunch Cereal Bar FRUIT & FRUIT JUICE CHOICE OF MILK	4 Glazed Donut FRUIT & FRUIT JUICE CHOICE OF MILK	5 Cherry Frudel FRUIT & FRUIT JUICE CHOICE OF MILK	6 Blueberry Muffin & 2 Pks Graham Crackers FRUIT & FRUIT JUICE CHOICE OF MILK	7 Strawberry Mini Bagel FRUIT & FRUIT JUICE CHOICE OF MILK
10 Cinnamon Toast Crunch Cereal Bar FRUIT & FRUIT JUICE CHOICE OF MILK	11 Glazed Donut FRUIT & FRUIT JUICE CHOICE OF MILK	12 Cherry Frudel FRUIT & FRUIT JUICE CHOICE OF MILK	13 Blueberry Muffin & 2 Pks Graham Crackers FRUIT & FRUIT JUICE CHOICE OF MILK	14 Strawberry Mini Bagel FRUIT & FRUIT JUICE CHOICE OF MILK
17 TEACHER IN-SERVICE DAY NO SCHOOL	18 Confetti Mini Pancakes FRUIT & FRUIT JUICE CHOICE OF MILK	19 Apple Frudel FRUIT & FRUIT JUICE CHOICE OF MILK	20 Blueberry Muffin & 2 Pks Graham Crackers FRUIT & FRUIT JUICE CHOICE OF MILK	21 Glazed Cinnamon Roll FRUIT & FRUIT JUICE CHOICE OF MILK
24 Cinnamon Toast Crunch Cereal Bar FRUIT & FRUIT JUICE CHOICE OF MILK	25 Confetti Mini Pancakes FRUIT & FRUIT JUICE CHOICE OF MILK	26 Apple Frudel FRUIT & FRUIT JUICE CHOICE OF MILK	27 Blueberry Muffin & 2 Pks Graham Crackers FRUIT & FRUIT JUICE CHOICE OF MILK	28 Glazed Cinnamon Roll FRUIT & FRUIT JUICE CHOICE OF MILK
31 Cinnamon Toast Crunch Cereal Bar FRUIT & FRUIT JUICE CHOICE OF MILK	1 Glazed Donut FRUIT & FRUIT JUICE CHOICE OF MILK	2 Cherry Frudel FRUIT & FRUIT JUICE CHOICE OF MILK	3 Blueberry Muffin & 2 Pks Graham Crackers FRUIT & FRUIT JUICE CHOICE OF MILK	4 Strawberry Mini Bagel FRUIT & FRUIT JUICE CHOICE OF MILK

MENU SUBJECT TO CHANGE DUE TO ITEM AVAILABILITY

Breakfast Prices
STUDENTS 1 FREE DAILY

Adult \$1.90
www.schoolcafe.com For Online Cafeteria Payments

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