

April

2019



Metz

CULINARY MANAGEMENT

Grafton, 500 Calorie Breakfast

Breakfast

Alternative menus for special dietary needs are available.

Fresh fruit is available all day.

Fat free, and 1% white milk available.

(R) = Richmond Region
(W/B) = Winchester & Berryville Region

If you have special requests or concerns, please ask your server or see contact information below.

Laura Grace
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(540) 597-6336

Brian Lowder
Nutrition Services Assistant
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(540) 597-4642

USDA is an equal opportunity provider and employer.
Menu items are subject to change without notice.

Sunday

31
Breakfast
Fruit Topped Pancakes
Sausage Links
Maple Syrup
Yogurt

Skim Milk (1 Only)

Monday

1
(R) = No School
Breakfast
Egg & Cheese Muffin
Fruit Cocktail
Yogurt

Skim Milk (1 Only)

Tuesday

2
(R) = No School
Breakfast
Ham Biscuit
Peaches

No Yogurt w/This Meal
Skim Milk (1 Only)

Wednesday

3
(R) = No School
Breakfast
Waffles
Sausage Links
Maple Syrup
Baked Apples

No Yogurt w/This Meal
Skim Milk (1 Only)

Thursday

4
(R) = No School
Breakfast
Scrambled Eggs
Toast
Butter
Fresh Fruit

No Yogurt w/This Meal
Skim Milk (1 Only)

Friday

5
(R) = No School
Breakfast
Pancakes
Hard Boiled Egg
Maple Syrup

Skim Milk (1 Only)

Saturday

6
Breakfast
Apple Muffin
Sausage Links
Fresh Fruit
Yogurt

Skim Milk (1 Only)

7

Breakfast
Mini French Toast
Sausage Links

Skim Milk (1 Only)

8

Breakfast
French Toast
Sausage Links
Maple Syrup
Butter
Juice/ Fruit

Skim Milk (1 Only)

9

Breakfast
Pancakes
Sausage Links
Maple Syrup
Yogurt

No Fruit w/This Meal
Skim Milk (1 Only)

10

Breakfast
Egg & Cheese Muffin
Juice/ Fruit

Skim Milk (1 Only)

11

Breakfast
Scrambled Eggs
Sausage Links
Yogurt
Juice/ Fruit

Skim Milk (1 Only)

12

Breakfast
Pancakes
Crisps
Cantaloupe
Yogurt

Skim Milk (1 Only)

13

Breakfast
Apple Muffin
Sausage Links

Skim Milk (1 Only)

14

Breakfast
Biscuits & Sausage Gravy
Scrambled Eggs
Mixed Fruit
Yogurt

Skim Milk (1 Only)

15

Breakfast
Scrambled Eggs
Toast
Fresh Fruit
Butter

No Yogurt w/This Meal
Skim Milk (1 Only)

16

Breakfast
Pancakes
Sausage Links
Maple Syrup
Butter

Skim Milk (1 Only)

17

Breakfast
French Toast
Sausage Links
Fresh Fruit
Yogurt

Skim Milk (1 Only)

18

Breakfast
Scrambled Eggs
Sausage Patty

Skim Milk (1 Only)

19

(W/B) - No School
Breakfast
Mini French Toast
Butter
Juice/ Fruit

Skim Milk (1 Only)

20

Breakfast
Hard Boiled Egg
Sausage links
Warm Spiced Apples
Yogurt

No Fruit w/This Meal
Skim Milk (1 Only)

21

Breakfast
Mini Bagel
Sausage Patty
Cream Cheese
Fresh Fruit

Skim Milk (1 Only)

22

(W/B) - No School
Breakfast
Apple Muffin
Scrambled Eggs
Mozzarella Cheese Stick
Yogurt
Fresh Fruit

Skim Milk (1 Only)

23

(W/B) - No School
Breakfast
Scrambled Eggs
Crisps
Cantaloupe
Yogurt

Skim Milk (1 Only)

24

(W/B) - No School
Breakfast
Cinnamon Stuffed Bagel
Sausage Links

Skim Milk (1 Only)

25

(W/B) - No School
Breakfast
Pancakes
Sausage Links
Maple Syrup
Yogurt

Skim Milk (1 Only)

26

(W/B) - No School
Breakfast
Loaded Oatmeal Bar
Scrambled Eggs

No Fruit or Yogurt w/
This Meal
Skim Milk (1 Only)

27

Breakfast
Biscuits & Sausage Gravy
Scrambled Eggs
Mixed Fruit
Yogurt

Skim Milk (1 Only)

28

Breakfast
Mini French Toast
Scrambled Eggs

No Fruit or Yogurt w/
This Meal
Skim Milk (1 Only)

29

Breakfast
Ham Biscuit
Fresh Berries
Yogurt

Skim Milk (1 Only)

30

Breakfast
French Toast Sticks
Maple Syrup
Fresh Berries
Yogurt

Skim Milk (1 Only)