

April

2019



Metz

CULINARY MANAGEMENT

Grafton, All Student Breakfast

Breakfast

Students may choose the main entree or the continental breakfast.

Alternative menus for special dietary needs are available.

Fresh fruit is available all day.

Fat free, and 1% white milk available.

A Continental Breakfast Consists Of:

Whole Grain Cereal
Fresh Fruit

Fat free or 1% white milk.

(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

Nutrition Services General Manager

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Brian Lowder

Nutrition Services Assistant

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

Sunday

31

Breakfast

Fruit Topped Pancakes
Continental Breakfast
Sausage Links
Maple Syrup

Yogurt
Juice/ Fruit

Choice of Milk

Monday

1

**(R) = No School
Breakfast**

Egg & Cheese Muffin
Continental Breakfast
Sliced Pears

Yogurt
Juice/ Fruit

Choice of Milk

Tuesday

2

**(R) = No School
Breakfast**

Ham Biscuit
Continental Breakfast
Scrambled Eggs
Peaches

Yogurt
Juice/ Fruit

Choice of Milk

Wednesday

3

**(R) = No School
Breakfast**

Waffles
Continental Breakfast
Sausage Patty
Maple Syrup
Butter
Yogurt
Juice/ Fruit

Choice of Milk

Thursday

4

**(R) = No School
Breakfast**

Scrambled Eggs
Continental Breakfast
Sausage Links
Toast
Butter
Yogurt
Juice/ Fruit

Choice of Milk

Friday

5

**(R) = No School
Breakfast**

Pancakes
Continental Breakfast
Hard Boiled Egg
Fresh Berries
Maple Syrup
Yogurt
Juice/ Fruit

Choice of Milk

Saturday

6

Breakfast

Apple Muffin
Continental Breakfast
Scrambled Eggs
Sausage Links
Fruit

Fruit Juice
Whole Fresh Fruit

Choice of Milk

7

Breakfast

Mini French Toast
Continental Breakfast
Sausage Links

Yogurt
Juice/ Fruit

Choice of Milk

8

Breakfast

French Toast
Continental Breakfast
Fresh Berries
Maple Syrup
Butter
Yogurt
Juice/ Fruit

Choice of Milk

9

Breakfast

Pancakes
Continental Breakfast
Sausage Links
Butter
Maple Syrup
Yogurt
Juice/ Fruit

Choice of Milk

10

Breakfast

Egg & Cheese Muffin
Continental Breakfast
Peaches

Yogurt
Juice/ Fruit

Choice of Milk

11

Breakfast

Scrambled Eggs
Continental Breakfast
Sausage Links
Sliced Pears

Yogurt
Juice/ Fruit

Choice of Milk

12

Breakfast

Pancakes
Continental Breakfast
Sausage Patty
Fresh Berries
Maple Syrup & Butter
Yogurt
Juice/ Fruit

Choice of Milk

13

Breakfast

Apple Muffin
Continental Breakfast
Scrambled Eggs

Yogurt
Fruit Juice

Choice of Milk

14

Breakfast

Biscuits & Sausage Gravy
Continental Breakfast
Scrambled Eggs
Sliced Pears

Yogurt
Juice/ Fruit

Choice of Milk

15

Breakfast

Scrambled Eggs
Continental Breakfast
Sausage Links
Toast

Yogurt
Juice/ Fruit

Choice of Milk

16

Breakfast

Pancakes
Continental Breakfast
Sausage Links
Warm Spiced Apples
Maple Syrup & Butter
Yogurt
Juice/ Fruit

Choice of Milk

17

Breakfast

French Toast
Continental Breakfast
Scrambled Eggs
Sausage Links

Yogurt
Juice/ Fruit

Choice of Milk

18

Breakfast

Scrambled Eggs
Continental Breakfast
Sausage Patty

Yogurt
Juice/ Fruit

Choice of Milk

19

**(W/B) - No School
Breakfast**

French Toast Sticks
Continental Breakfast
Maple Syrup
Butter

Yogurt
Juice/ Fruit

Choice of Milk

20

Breakfast

Hard Boiled Egg
Continental Breakfast
Sausage Links
Peaches

Yogurt
Juice/ Fruit

Choice of Milk

21

Breakfast

Apple Frudel
Continental Breakfast
Sausage Patty
Sliced Pears

Yogurt
Juice/ Fruit

Choice of Milk

22

**(W/B) - No School
Breakfast**

Apple Muffin
Continental Breakfast
Scrambled Eggs
Mozzarella Cheese Stick

Yogurt
Juice/ Fruit

Choice of Milk

23

**(W/B) - No School
Breakfast**

Cheesy Eggs
Continental Breakfast
Grits
Cantaloupe

Yogurt
Juice/ Fruit

Choice of Milk

24

**(W/B) - No School
Breakfast**

Cinnamon Stuffed Bagel
Continental Breakfast
Sausage Links

Yogurt
Juice/ Fruit

Choice of Milk

25

**(W/B) - No School
Breakfast**

Pancakes
Continental Breakfast
Sausage Links
Maple Syrup
Butter
Yogurt
Juice/ Fruit

Choice of Milk

26

**(W/B) - No School
Breakfast**

Oatmeal
Raisins
Brown Sugar
Continental Breakfast
Scrambled Eggs
Yogurt
Juice/ Fruit

Choice of Milk

27

Breakfast

Biscuits & Sausage Gravy
Continental Breakfast
Scrambled Eggs
Peaches

Yogurt
Juice/ Fruit

Choice of Milk

28

Breakfast

Mini French Toast
Continental Breakfast
Scrambled Eggs

Yogurt
Juice/ Fruit

Choice of Milk

29

Breakfast

Sausage & Egg Muffin
Continental Breakfast
Fresh Strawberries

Yogurt
Juice/ Fruit

Choice of Milk

30

Breakfast

French Toast Sticks
Continental Breakfast
Maple Syrup

Yogurt
Juice/ Fruit

Choice of Milk