

June 2023  
Seville



**Metz**  
CULINARY MANAGEMENT

**Holy Family Education Breakfast  
Menu**

**What is a Meal?**

You must choose at least 3 of the 4 components available for a qualifying school breakfast. A choice of grain or grain/protein, choice of fruit and choice of milk. Choice of Milk - 1% white or fat-free white

**Whole Grain Cereal Selection**

**May Include:**

- Apple Cinnamon Cheerios
- Cinnamon Toast Crunch
- Cocoa Puffs
- Fruity Cheerios
- Golden Grahams
- Kix
- Lucky Charms
- Multi Grain Cheerios
- Trix

Some selections are reduced sugar!

Menu is subject to change due to product availability

**USDA is an equal opportunity provider and employer.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6/5/2023</b> Assorted Muffins</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/6/2023</b> Mini Waffles with Syrup</p> <p>Apple Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/7/2023</b> Egg Cheese Biscuit</p> <p>Banana Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/8/2023</b> Mini Cinnamon Rolls</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/9/2023</b> Bagel Breakfast Sandwich</p> <p>Apple Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>
<p><b>6/12/2023</b> Mini Cinnamon Rolls</p> <p>Banana Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/13/2023</b> Sausage and Pancake on a Stick</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/14/2023</b> Assorted Muffins</p> <p>Apple Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/15/2023</b> English Muffin Breakfast Sandwich</p> <p>Banana Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/16/2023</b> Cheddar Omelette Wheat Toast</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>
<p><b>6/19/2023</b> Egg and Cheese English Muffin</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/20/2023</b> Breakfast Pizza</p> <p>Apple Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/21/2023</b> Bagel with Cream Cheese</p> <p>Banana Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/22/2023</b> Pancakes Turkey Bacon</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/23/2023</b> Scrambled Eggs Potatoes w Veggies Wheat Toast</p> <p>Apple Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>
<p><b>6/26/2023</b> Pancake on a Stick</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/27/2023</b> Assorted Muffins</p> <p>Apple Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/28/2023</b> Sausage Egg and Cheese on a Bagel</p> <p>Banana Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/29/2023</b> French Toast Sticks Syrup Turkey Sausage</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>6/30/2023</b> Filled Breakfast Bar</p> <p>Apple Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>
<p><b>7/3/2023</b> Egg and Cheese Biscuit</p> <p>Banana Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>7/4/2023</b> Mini Waffles with Syrup</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>7/5/2023</b> Sausage Egg &amp; Cheese on an English Muffin</p> <p>Apple Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>7/6/2023</b> Egg Scramble w/ Potatoes and Peppers and Onions Wheat Toast</p> <p>Banana Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>	<p><b>7/7/2023</b> Egg &amp; Cheese on a Croissant</p> <p>Orange Fruit Juice Choice of 1% White Milk or Fat Free Chocolate</p>