



Metz

CULINARY MANAGEMENT

Breakfast Menu — November 2022

HOURS: 8:00 AM – 8:45 AM

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---------------------------|---|---------------------------|---|
| | 11/1/22 | 11/2/22 | 11/3/22 | 11/3/22 |
| | Scrambled Eggs | Buttermilk Biscuit | Scrambled Eggs | Pancakes |
| | Turkey Bacon | Pork Sausage | Turkey Sausage | Pork Sausage |
| | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals |
| | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| 11/7/22 | 11/8/22 | 11/9/22 | 11/10/22 | 11/11/22 |
| Waffles | Scrambled Eggs | Blueberry Muffin | Turkey Sausage | |
| Spiced Apples | Turkey Bacon | Pork Sausage | Pancakes | |
| Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | |
| 11/14/22 | 11/15/22 | 11/16/22 | 11/17/22 | 11/18/22 |
| Apple Muffin | Scrambled Eggs | Croissants | Western Omelette | French Toast |
| Pork Sausage | Turkey Bacon | Pork Sausage | Hash Browns | Turkey Sausage |
| Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| 11/21/22 | 11/22/22 | 11/23/22 | 11/24/22 | 11/25/22 |
| Pork Sausage | Scrambled Eggs | | | |
| Blueberry Muffin | Turkey Bacon | | | |
| Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | | | |
| Fresh Fruit | Fresh Fruit | | | |
| 11/28/22 | 11/29/22 | 11/30/22 | | |
| Blueberry Muffin | Scrambled Eggs | Cinnamon Rolls | | |
| Pork Sausage | Turkey Sausage | Pork Sausage | | |
| Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | Assorted Hot/Cold Cereals | | |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | | |
| 1% Milk / 2% Milk | Fresh Fruit | All Meals Include Low Fat Yogurt | Cereal | Oatmeal, Cream of Wheat or Grits |