



Metz

CULINARY MANAGEMENT



St. Coletta of Greater Washington

Monday	Tuesday	Wednesday	Thursday	Friday
8/28/23	8/29/23	8/30/23	8/31/23	9/1/23
Waffles	Scrambled Eggs	Biscuits	Scrambled Eggs	Pancakes
Turkey Sausage	Turkey Bacon	Pork Sausage	Turkey Sausage	Pork Sausage Links
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
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23
LABOR DAY	English Muffin	Corn Beef Hash	Scrambled Eggs	French Toast
NO SCHOOL FOR STUDENTS	Turkey Sausage	Cheddar Grits	Turkey Bacon	Turkey 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
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
Biscuits	Scrambled Eggs	Waffles	Scrambled Eggs	Hash Browns
Pork Sausage Links	Turkey Bacon	Pork Sausage	Turkey Sausage	Pork 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
9/18/23	9/19/23	9/20/23	9/21/23	9/22/23
Pancakes	Scrambled Eggs	NO SCHOOL	Scrambled Eggs	French Toast
Turkey Sausage	Turkey Bacon	NO SCHOOL FOR STUDENTS	Turkey Sausage	Pork Sausage Links
Assorted Hot/Cold Cereals	Assorted Hot/Cold Cereals		Assorted Hot/Cold Cereals	Assorted Hot/Cold Cereals
Fresh Fruit	Fresh Fruit		Fresh Fruit	Fresh Fruit
9/25/23	9/26/23	9/27/23	9/28/23	9/29/23
Pancakes	Scrambled Eggs	Corn Beef Hash	Western Omelette w/ Cheese	Hash Browns
Pork Sausage	Turkey Bacon	Cheddar Grits	Turkey Sausage	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
2% /Fat Free Milk	Fresh Fruit	All Meals Include Low Fat Yogurt	Cereal	Oatmeal, Cream of Wheat or Grits
Whole Grain Bread/ Pancakes/ Biscuits/ Waffles/ French Toast/ Muffins				