



Metz

CULINARY MANAGEMENT



St. Coletta of Greater Washington

Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/23	11/2/23	11/3/23
		Biscuits🌿	Scrambled Eggs🌿	Pancakes🌿
		Pork Sausage	Turkey Sausage	Pork Sausage Links
		Assorted Hot/Cold Cereals🌿	Assorted Hot/Cold Cereals🌿	Assorted Hot/Cold Cereals🌿
		Fresh Fruit🌿🌿	Fresh Fruit🌿🌿	Fresh Fruit🌿🌿
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23
English Muffin🌿	Scrambled Eggs🌿	Corn Beef Hash	Scrambled Eggs🌿	SCHOOL CLOSED
Pork Sausage	Turkey Bacon	Cheddar Grits🌿	Pork Sausage	
Assorted Hot/Cold Cereals🌿	Assorted Hot/Cold Cereals🌿	Assorted Hot/Cold Cereals🌿	Strawberry Cream Oatmeal🌿	
Fresh Fruit🌿🌿	Fresh Fruit🌿🌿	Fresh Fruit🌿🌿	Fresh Fruit🌿🌿	
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
Biscuits🌿	Scrambled Eggs🌿	Waffles🌿	Scrambled Eggs🌿	Corn Beef Hash
Pork Sausage Links	Turkey Bacon	Turkey Sausage Links	Pork Sausage	Cheddar Grits🌿
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🌿🌿
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
French Toast Sticks	Scrambled Eggs🌿	NO SCHOOL	NO SCHOOL	NO SCHOOL
Turkey Sausage	Turkey Bacon			
Assorted Hot/Cold Cereals🌿	Assorted Hot/Cold Cereals🌿			
Fresh Fruit🌿🌿	Fresh Fruit🌿🌿			
11/27/23	11/28/23	11/29/23	11/30/23	
Biscuits🌿	Scrambled Eggs🌿	Pancakes🌿	Scrambled Eggs🌿	
Pork Sausage	Turkey Bacon	Pork Sausage	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🌿🌿	

All Meals Include:

2% /Fat Free Milk

Low Fat Yogurt

Whole Grain Bread/ Pancakes/ Biscuits/ Waffles/ French Toast/ Muffins

= VEGETARIAN

= VEGAN

