



Metz
CULINARY MANAGEMENT



St. Coletta of Greater Washington

Monday		Wednesday	Thursday	Friday
	10/1/24	10/2/24	10/3/24	10/4/24
	Belgain Waffle Bar	Scrambled Eggs	Sausage, Egg, Cheddar Burrito	Whole Wheat Pancakes
	Warm Seasonal Fruit Topping	Cheese Grits	Cream of Wheat	Warm Seasonal Fruit Topping
	Apple Baked Cinnamon Oatmeal	Toasted Wheat Berry Bread	Potatoes O'Brien	Pumpkin Smoothie
	Turkey Bacon	Pork Sausage	Turkey Sausage	Pork Sausage
10/7/24	10/8/24	10/9/24	10/10/24	10/11/24
French Toast Sticks	Breakfast Power Bowl	Three Cheese and Ham Omelet	Biscuits	NO SCHOOL
Apple Compote	Apple and Banana Oatmeal	Cream of Wheat	Country Gravy	
Creamy Grits	TaterTots	Breakfast Potatoes	Hashbrowns	
Turkey Sausage	Pork Sausage	Turkey Bacon	Crispy Bacon	
10/14/24	10/15/24	10/16/24	10/17/24	10/18/24
NO SCHOOL	Pancakes	Scrambled Eggs	Scrambled Egg and Cheese Croissant	Apple Cinnamon Muffin
	Apple Compote	Maple Cinnamon Oatmeal	Cheese Grits	White Corn Grits
	Country Grits	Butter Texas Toast	Hashbrowns	Blueberry Oat Smoothie
	Pork Sausage	Turkey Bacon	Crispy Bacon	Pork Sausage
10/21/24	10/22/24	10/23/24	10/24/24	10/25/24
Cinnamon Raisin French Toast	Loaded Breakfast Totchos	Everything Egg Scramble	Canadian Bacon, Egg and Cheese English Muffin	Waffles
Apple Cream of Wheat	Country Gravy	Creamy Grits	Apple and Strawberry Oatmeal	Spiced Apples
Apple Compote	Tater Tots	Potatoes O'Brien	Hashbrowns	Cream of Wheat
Turkey Sausage	Turkey Bacon	Pork Sausage	Turkey Sausage	Pork Sausage
10/28/24	10/29/24	10/30/24	10/31/24	
French Toast	National Oatmeal Day	Chicken and Waffles	Pepperoni Pizza Omelet	
Warm Seasonal Fruit Topping	Smores Oatmeal	Belgian Waffles	Boo-Berry Oatmeal	
Apple Fruit and Granola Salad	Cranberry and Orange Oatmeal	Chicken Tenders	Tater Tots	
Turkey Sausage	Turkey Bacon	Crispy Bacon	Pork Sausage	