



Metz

CULINARY MANAGEMENT

BREAKFAST

July 2025


St. Coletta of Greater Washington

Monday	Tuesday	Wednesday	Thursday	Friday
	7/1/25	7/2/25	7/3/25	7/4/25
	Pancakes	Scrambled Eggs w/ Cheese	Cinnamon Bagels	
	Pork Sausage	Turkey Bacon	Turkey Sausage	
	Maple Cinnamon Oatmeal	Cheese Grits	Maple Cinnamon Oatmeal	
07/07/25	07/08/25	07/09/25	07/10/25	07/11/25
French Toast	Croissants	Scrambled Eggs	Breakfast Potatoes	Pancakes
Turkey Sausage Patty	Pork Sausage	Turkey Bacon	Turkey Sausage	Pork Sausage Link
Apple Cinnamon Oatmeal	Cream of Wheat	Grits	Cream of Wheat	Cream of Wheat
7/14/25	7/15/25	7/16/25	7/17/25	7/18/25
Biscuits	Hash Browns	Scrambled Eggs	English Muffin	French Toast Sticks
Pork Sausage	Turkey Sausage	Turkey Bacon	Pork Sausage	Turkey Sausage
Apple Baked Cinnamon Oatmeal	Grits	Cream of Wheat	Strawberry Oatmeal	Apple Compote
7/21/25	7/22/25	7/23/25	7/24/25	7/25/25
Croissants	Potatoes Obrien	Scrambled Eggs w/ Cheese	Corn Beef Hash	
Turkey Sausage	Pork Sausage	Turkey Bacon	Cheese Grits	
Cream of Wheat	Maple Cinnamon Oatmeal	Cheese Grits	Texas Toast	
7/28/25	7/29/25	7/30/25	7/31/25	

All Meals Include: Fresh Fruit, Apple Sauce, Garden Salad, 1% Milk & 2% Milk, Low Fat Yogurt

Grain products are at least 50% whole grain

Turkey Sandwich or Sun butter & Jelly Sandwich can be a daily substitution



<https://www.nutritics.com/menu/ma2046>