



# Metz

CULINARY MANAGEMENT

## BREAKFAST

October 2025



St. Coletta of Greater Washington  
St. Coletta Special Education Public Charter

Monday	Tuesday	Wednesday	Thursday	Friday
		10/1/25	10/2/25	10/3/25
		Scrambled Eggs w/ Cheese	Cinnamon Bagels	Pancakes
		Turkey Bacon	Turkey Sausage	Pork Sausage Link
		Cheese Grits	Maple Cinnamon Oatmeal	Creamy Grits
10/6/25	10/7/25	10/8/25	10/9/25	10/10/25
English Muffins	Breakfast Tots	Cheese Omelet	French Toast	
Turkey Sausage	Pork Sausage	Turkey Bacon	Turkey Sausage	
Cream of Wheat	Cream of Wheat	Grits	Cream of Wheat	
10/13/25	10/14/25	10/15/25	10/16/25	10/17/25
	Croissants	Scrambled Eggs	French Toast	Breakfast Tots
	Turkey Sausage	Turkey Bacon	Turkey Sausage	Pork Sausage
	Grits	Cream of Wheat	Strawberry Oatmeal	Apple Compote
10/20/25	10/21/25	10/22/25	10/23/25	10/24/25
Buttermilk Biscuits	Apple Strudel	Cheese Omelete	Corn Beef Hash	Waffles
Turkey Sausage	Pork Sausage	Turkey Bacon	Cheese Grits	Pork Sausage Link
Cream of Wheat	Maple Cinnamon Oatmeal	Cheese Grits	Texas Toast	Cream of Wheat
10/27/25	10/28/25	10/29/25	10/30/25	10/31/25
Buttermilk Pancakes	Tater Tots	Scrambled Eggs	Pork Sausage Patty	Homestyle Waffle
Pork Sausage Link	Turkey Sausage Patty	Turkey Bacon	Fried Egg & Cheese on English Muffin	Oatmeal
Cream of Wheat	Cream of Wheat	Cheese Grits	Cream of Wheat	Baked Apples
9/29/25	9/30/25	Grain products are at least 50% whole grain		Nutritional and Ingredient Information
Buttermilk Biscuits	French Toast Sticks			
Turkey Sausage Patty	Pork Sausage Patty			
Cream of Wheat	Maple Cinnamon Raisin Oatmeal			