

**MARCH
2024**



Metz
CULINARY MANAGEMENT

**DALLAS BREAKFAST MENU
MIDDLE SCHOOL & INTERMEDIATE**

What is a Meal?
You must choose at least 3 of the 4 components available for the school breakfast price.
Choice of: Grain or grain/protein
Choice of fruit or vegetable (must take at least a 1/2 cup)
a
Choice of Milk
Choice of Milk - 1% white, fat-free white, fat-free chocolate
You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:
Cinnamon Toast Crunch
Trix
Cocoa Puffs
Golden Grahams
Rice Krispies
Cheerios
Chex
Fruit Loops
Frosted Flakes
Served with Graham Crackers

Daily Fruit Selections May Include:
assorted canned and fresh fruit including oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, and 100% fruit juices

Lunch Prices
Students - \$0.00



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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Whole Grain Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk
4 Whole Grain Mini Waffles Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	5 Whole Grain Chocolate Muffin Graham Cracker Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	6 Cinni Minni Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	7 Pancake Sausage On a Stick Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	8 Mini Strawberry Filled Bagel Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk
11 Whole Grain Donuts Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	12 Whole Grain Mini Pancakes Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	13 Whole Grain Cinnamon Bun Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	14 Apple Frudel Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	15 Whole Grain Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk
18 Whole Grain Mini Waffles Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	19 Whole Grain Chocolate Muffin Graham Cracker Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	20 Cinni Minni Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	21 Breakfast Pizza Bagel Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	22 Mini Strawberry Filled Bagel Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk
25 Whole Grain Donuts Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	26 Whole Grain Mini Pancakes Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	27 1/2 DAY Whole Grain Cinnamon Bun Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	28 SCHOOL'S OUT EASTER SCHOOL'S OUT EASTER	29 SCHOOL'S OUT EASTER SCHOOL'S OUT EASTER