

**MAY
2024**



Metz
CULINARY MANAGEMENT

**DALLAS INTERMEDIATE
BREAKFAST**

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 Chocolate Muffin Graham Cracker Water Juice	2 Whole Grain Cinnamon Bun Water Juice	3 Whole Grain Breakfast Bread Graham Cracker Water Juice
6 Whole Grain Pop Tart Graham Cracker Water Juice	7 Whole Grain Banana Muffin Graham Cracker Water Juice	8 Whole Grain Oatmeal Breakfast Bar Water Juice	9 Cinnamon Toast Crunch Bread Water Juice	10 Whole Grain Mini Donuts Water Juice
13 Whole Grain Oatmeal Breakfast Bar Water Juice	14 Whole Grain Mini Donuts Water Juice	15 Whole Grain Chocolate Muffin Graham Cracker Water Juice	16 Whole Grain Cinnamon Bun Water Juice	17 Whole Grain Breakfast Bread Water Juice
20 Whole Grain Pop Tart Graham Cracker Water Juice	21 Whole Grain Banana Muffin Graham Cracker Water Juice	22 Whole Grain Oatmeal Breakfast Bar Water Juice	23 Cinnamon Toast Crunch Bread Water Juice	24 Whole Grain Mini Donuts Water Juice
20 Whole Grain Oatmeal Breakfast Bar Water Juice	21 Whole Grain Mini Donuts Water Juice	22 Whole Grain Chocolate Muffin Graham Cracker Water Juice	23 1/2 DAY Whole Grain Cinnamon Bun Water Juice 1/2 DAY	24 1/2 DAY Whole Grain Breakfast Bread Water Juice 1/2 DAY