

# August/September 2023

# Dallas Breakfast Menu High School



Monday	Tuesday	Wednesday	Thursday	Friday
			8/24/23	8/25/23
			Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	Whole Grain Donut or Assorted Cereals/Bagels With Assorted Spreads
			Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
8/28/23	8/29/23	8/30/23	8/31/23	9/1/23
Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads	Dutch Waffle or Assorted Cereals/Bagels With Assorted Spreads	French Toast With Syrup or Assorted Cereals/Bagels With Assorted Spreads	Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads
Assorted 100% Fruit Juice Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice Assorted Canned Fruit Choice of Milk
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23
NO SCHOOL LABOR DAY	Mini Filled Bagel Cinnamon or Assorted Cereals/Bagels With Assorted Spreads	Pancake Sausage on a Stick or Assorted Cereals/Bagels With Assorted Spreads	Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	Whole Grain Donut or Assorted Cereals/Bagels With Assorted Spreads
	or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads	Dutch Waffle or Assorted Cereals/Bagels With Assorted Spreads	French Toast With Syrup or Assorted Cereals/Bagels With Assorted Spreads	Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit
9/18/23	9/19/23	9/20/23	9/21/23	9/22/23
or Assorted Cereals/Bagels With Assorted Spreads	Mini Filled Bagel Cinnamon or Assorted Cereals/Bagels With Assorted Spreads	Pancake Sausage on a Stick or Assorted Cereals/Bagels With Assorted Spreads	Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	Whole Grain Donut or Assorted Cereals/Bagels With Assorted Spreads
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit
9/25/23	9/26/23	9/27/23	9/28/23	9/29/23
Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads	Dutch Waffle or Assorted Cereals/Bagels With Assorted Spreads	French Toast With Syrup or Assorted Cereals/Bagels With Assorted Spreads	Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit
<p><b>General Manager</b>      570-674-7208 ext. 1039      <a href="mailto:ma1042@metzcorp.com">ma1042@metzcorp.com</a>      <a href="http://schoolcafe.com">schoolcafe.com</a></p>				

### 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  
(You must take at least 1/2 cup of fruit or vegetable)

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Choice of Milk  
1% white or chocolate

### Fruit Options

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges and 100% juice, as well as assorted fresh fruit selections.

### Whole Grain Cereal Selection

May Include:  
Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Cheerios  
Fruit Loops  
Frosted Flakes

(Served with an additional grain)



\*Menu subject to change based on product availability from our vendors\*



~This institution is an~  
~equal opportunity provider~