

FEBRUARY 2024

Dallas Breakfast Menu High School



Monday	Tuesday	Wednesday	Thursday	Friday
			2/1/24 Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	2/2/24 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
2/5/24 Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads	2/6/24 Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads	2/7/24 Pancake Sausage on a Stick or Assorted Cereals/Bagels With Assorted Spreads	2/8/24 Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	2/9/24 Dutch Waffle 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
2/12/24 Pancake Sausage on a Stick or Assorted Cereals/Bagels With Assorted Spreads	2/13/24 Mini Filled Bagel Strawberry or Assorted Cereals/Bagels With Assorted Spreads	2/14/24 French Toast With Syrup or Assorted Cereals/Bagels With Assorted Spreads	2/15/24 Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	2/16/24 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	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
2/19/24	2/20/24	2/21/24 Pancake Sausage on a Stick or Assorted Cereals/Bagels With Assorted Spreads	2/22/24 Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	2/23/24 Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads
NO SCHOOL	NO SCHOOL	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit	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
2/26/24	2/27/24 Mini Filled Bagel Strawberry or Assorted Cereals/Bagels With Assorted Spreads	2/28/24 French Toast With Syrup or Assorted Cereals/Bagels With Assorted Spreads	2/29/24 Mini Cinni 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	
General Manager	570-674-7208 ext. 1039	ma1042@metzcorp.com	schoolcafe.com	

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)

&

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~