

# March-April 2023

# Dallas Breakfast Menu High School



Monday	Tuesday	Wednesday	Thursday	Friday
3/27/23	3/28/23	3/29/23	3/30/23	3/31/23
Blueberry Muffin or Assorted Cereals/Bagels With Assorted Spreads	Mini Filled Bagel Cinnamon or Assorted Cereals/Bagels With Assorted Spreads	Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	Whole Grain Donut or Assorted Cereals/Bagels With Assorted Spreads	Blueberry Bread 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	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	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4/3/23	4/4/23	4/5/23	4/6/23	4/7/23
Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads	Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	Banana Muffin or Assorted Cereals/Bagels With Assorted Spreads	NO SCHOOL EASTER BREAK	NO SCHOOL EASTER BREAK
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		
4/10/23	4/11/23	4/12/23	4/13/23	4/14/23
NO SCHOOL EASTER BREAK	Mini Filled Bagel Cinnamon or Assorted Cereals/Bagels With Assorted Spreads	Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	Whole Grain Donut or Assorted Cereals/Bagels With Assorted Spreads	Blueberry Bread 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
4/17/23	4/18/23	4/19/23	4/20/23	4/21/23
Banana Muffin or Assorted Cereals/Bagels With Assorted Spreads	Mini Waffles with Syrup or Assorted Cereals/Bagels With Assorted Spreads	Banana Muffin or Assorted Cereals/Bagels With Assorted Spreads	Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	Fruit Frudel 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	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	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4/24/23	4/25/23	4/26/23	4/27/23	4/28/23
Blueberry Muffin or Assorted Cereals/Bagels With Assorted Spreads	Mini Filled Bagel Cinnamon or Assorted Cereals/Bagels With Assorted Spreads	Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	Whole Grain Donut or Assorted Cereals/Bagels With Assorted Spreads	Blueberry Bread 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	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	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
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~