

NOVEMBER 2023

Dallas Breakfast Menu High School



Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/23 French Toast With Syrup or Assorted Cereals/Bagels With Assorted Spreads	11/2/23 Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	11/3/23 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	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23
Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads	Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads	Pancake Sausage on a Stick or Assorted Cereals/Bagels With Assorted Spreads	Breakfast Sandwich or Assorted Cereals/Bagels With Assorted Spreads	NO SCHOOL
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	
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads	Mini Filled Bagel Cinnamon or Assorted Cereals/Bagels With Assorted Spreads	French Toast With Syrup 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	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
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads	Dutch Waffle or Assorted Cereals/Bagels With Assorted Spreads	Pancake Sausage on a Stick or Assorted Cereals/Bagels With Assorted Spreads	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK
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		
11/27/23	11/28/23	11/29/23	11/30/23	
NO SCHOOL THANKSGIVING BREAK	Mini Filled Bagel Cinnamon or Assorted Cereals/Bagels With Assorted Spreads	French Toast With Syrup or Assorted Cereals/Bagels With Assorted Spreads	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	
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)

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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~