

**February-March
2023**

**Dallas Breakfast Menu
Elementary & Middle School**



Monday	Tuesday	Wednesday	Thursday	Friday
2/13/23 Blueberry Muffin or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/14/23 Mini Filled Bagel or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/15/23 Donut or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/16/23 Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/17/23 Act 80 Day Cereal Bar or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/20/23 Presidents' Day No School	2/21/23 Teacher In-Service No School	2/22/23 Banana Muffin or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/23/23 Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/24/23 Cookies & Cream Granola Bar or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/27/23 Blueberry Muffin or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2/28/23 Mini Filled Bagel or Assorted Cereals/Bagels With Assorted Spreads or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/1/23 Donut or Assorted Cereals/Bagels With Assorted Spreads or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/2/23 Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/3/23 Blueberry Bread or Assorted Cereals/Bagels With Assorted Spreads or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
3/6/23 Chocolate Chip Oatmeal Bar or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/7/23 Mini Waffles with Syrup or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/8/23 Banana Muffin or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/9/23 Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/10/23 Cookies & Cream Granola Bar or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
3/13/23 Blueberry Muffin or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/14/23 Mini Filled Bagel or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/15/23 Donut or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/16/23 Fruit Frudel or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/17/23 Act 80 Day Cereal Bar or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
3/20/23 Chocolate Chip Oatmeal Bar or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/21/23 Mini Waffles with Syrup or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/22/23 Banana Muffin or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/23/23 Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3/24/23 Cookies & Cream Granola Bar or Assorted Cereals/Bagels With Assorted Spreads 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
Fruity Cheerios
Cheerios
Fruit Loops
Frosted Flakes



Menu subject to change based on product availability from our vendors



*~This institution is an~
~equal opportunity provider~*