March-April 2023

Dallas Breakfast Menu
Elementary & Middle School

Metz CULINARY MANAGEMENT

Monday	Tuesday	Wednesday	Thursday	Friday
3/27/23	3/28/23	3/29/23	3/30/23	3/31/23
Blueberry Muffin Graham Cracker or Assorted Cereals/Bagels With Assorted Spreads	Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	Chocolate Chip Oatmeal Bar or Assorted Cereals/Bagels With Assorted Spreads	Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads	Banana 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
Banana Muffin Graham Cracker or Assorted Cereals/Bagels With Assorted Spreads	Strawberry Cream Cheese Filled Mini Bagel or Assorted Cereals/Bagels With Assorted Spreads	Egg, Sausage & Cheese Breakfast Uncrustable or Assorted Cereals/Bagels With Assorted Spreads	NO SCHOOL EASTER BREAK	NO SCHOOL EASTER BREAK
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		
4/10/23	4/11/23	4/12/23	4/13/23	4/14/23
NO SCHOOL EASTER BREAK	Whole Wheat Donut or Assorted Cereals/Bagels With Assorted Spreads	Apple Cinnamon Muffin Graham Cracker or Assorted Cereals/Bagels With Assorted Spreads	Mini Pancakes Syrup 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
Blueberry Muffin Graham Cracker or Assorted Cereals/Bagels With Assorted Spreads	Mini Cinni or Assorted Cereals/Bagels With Assorted Spreads	Chocolate Chip Oatmeal Bar or Assorted Cereals/Bagels With Assorted Spreads	Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals/Bagels With Assorted Spreads	Banana 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
4/24/23	4/25/23	4/26/23	4/27/23	4/28/23
Banana Muffin Graham Cracker or Assorted Cereals/Bagels With Assorted Spreads	Strawberry Cream Cheese Filled Mini Bagel or Assorted Cereals/Bagels With Assorted Spreads	Egg, Sausage & Cheese Breakfast Uncrustable or Assorted Cereals/Bagels With Assorted Spreads	Whole Wheat 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
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~