

August/September
2023

Dallas Breakfast Menu
DIS & Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
			8/24/23 Blueberry Muffin Graham Cracker or Assorted Cereals	8/25/23 Whole Grain Banana Bread or Assorted Cereals
			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
8/28/23	8/29/23	8/30/23	8/31/23	9/1/23
Maple Flavored Mini French Toast or Assorted Cereals	Whole Wheat Cinnamon Bun or Assorted Cereals	Mini Pancakes or Assorted Cereals	Whole Wheat Donut or Assorted Cereals	Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/4/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/5/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/6/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/7/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/8/23
NO SCHOOL LABOR DAY	Banana Muffin Graham Cracker or Assorted Cereals	Cinni Mini or Assorted Cereals	Mini Pancakes or Assorted Cereals	Whole Grain Blueberry Bread or Assorted Cereals
	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
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
Whole Wheat Donut or Assorted Cereals	Whole Grain Mini Waffles or Assorted Cereals	Whole Wheat Cinnamon Bun or Assorted Cereals	Blueberry Muffin Graham Cracker or Assorted Cereals	Whole Grain Banana Bread or Assorted Cereals
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/18/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/19/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/20/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/22/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/23/23
Maple Flavored Mini French Toast or Assorted Cereals	Whole Wheat Cinnamon Bun or Assorted Cereals	Mini Pancakes or Assorted Cereals	Whole Wheat Donut or Assorted Cereals	Cinnamon Toast Crunch Breakfast Bread or Assorted Cereals
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/26/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/27/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/28/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/29/23	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk 9/30/23
Whole Wheat Cinnamon Bun or Assorted Cereals	Banana Muffin Graham Cracker or Assorted Cereals	Cinni Mini or Assorted Cereals	Mini Pancakes or Assorted Cereals With Assorted Spreads	Whole Grain Blueberry Bread or Assorted Cereals 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~