NOVEMBER 2023

Dallas Breakfast Menu
DIS & Middle School

Metz CULINARY MANAGEMENT

Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/23	11/2/23	11/3/23
		Mini Pancakes 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	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
Whole Wheat Cinnamon Bun or Assorted Cereals	Banana Muffin Graham Cracker or Assorted Cereals	Cinni Mini or Assorted Cereals	Mini Pancakes or Assorted Cereals	NO SCHOOL
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	
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
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	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
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
Whole Wheat Donut or Assorted Cereals	Whole Grain Mini Waffles or Assorted Cereals	Whole Wheat Cinnamon Bun or Assorted Cereals	NO SCHOOL THANKSGIVNG BREAK	NO SCHOOL THANKSGIVNG 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		
11/27/23	11/28/23	11/29/23	11/30/23	
NO SCHOOL THANKSGIVNG BREAK	Whole Wheat Cinnamon Bun or Assorted Cereals	Mini Pancakes or Assorted Cereals	Whole Wheat Donut 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	

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
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~

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