

**NOVEMBER
2023**

*Dallas Breakfast Menu
Wycallis Primary School*



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | | 11/1/23 | 11/2/23 | 11/3/23 |
| | | Mini Pancakes | Blueberry Muffin Graham Cracker | Whole Grain Banana Bread |
| | | 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 | Banana Muffin Graham Cracker | Cinni Mini | Mini Pancakes | 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 | Whole Wheat Cinnamon Bun | Mini Pancakes | Whole Grain Apple Cinnamon Muffin Graham Cracker | Cinnamon Toast Crunch Breakfast Bread |
| 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 Grain Apple Cinnamon Muffin Graham Cracker | Whole Grain Mini Waffles | Whole Wheat Cinnamon Bun | NO SCHOOL THANKSGIVING BREAK | NO SCHOOL THANKSGIVING 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 THANKSGIVING BREAK | Whole Wheat Cinnamon Bun | Mini Pancakes | Whole Wheat Banana Bread | |
| | 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 | |
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| 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

(Served with an additional grain)



Menu subject to change based on product availability from our vendors



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