

MAY  
2024



**Metz**  
CULINARY MANAGEMENT

DALLAS BREAKFAST MENU  
MIDDLE SCHOOL

**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 (must take at least a 1/2 cup)  
a  
Choice of Milk  
Choice of Milk - 1% white, fat-free white, fat-free chocolate  
You must take at least 1/2 cup of fruit or vegetable

**Whole Grain Cereal Selection May Include:**  
Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Golden Grahams  
Rice Krispies  
Cheerios  
Chex  
Fruit Loops  
Frosted Flakes  
Served with Graham Crackers

**Daily Fruit Selections May Include:**  
assorted canned and fresh fruit including oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, mandarin oranges, and 100% fruit juices

**Lunch Prices**  
Students - \$0.00



Phone Number-(570)674-7208 ext:1039  
Email- ma1042@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mini French Toast  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	2 Whole Grain Chocolate Muffin Graham Cracker  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	3 Mini Strawberry Filled Bagel  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk
6 Whole Grain Mini Waffles  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	7 Whole Grain Chocolate Muffin Graham Cracker  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	8 Cinni Minni  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	9 Pancake Sausage On a Stick  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	10 Whole Grain Dutch Waffle  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk
13 Whole Grain Donuts  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	14 Whole Grain Mini Pancakes  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	15 Whole Grain Cinnamon Bun  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	16 Apple Frudel  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	17 Whole Grain Blueberry Bread  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk
20 Whole Grain Mini Waffles  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	21 Whole Grain Chocolate Muffin Graham Cracker  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	22 Cinni Minni  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	23 <b>1/2 DAY</b> Breakfast Pizza Bagel  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk	24 <b>1/2 DAY</b> Mini Strawberry Filled Bagel  Assorted 100% Fruit Juice & Assorted Fresh Fruit or Canned Fruit Choice of Milk
27 MEMORIAL DAY	28	29	30	31