Metz CULINARY MANAGEMENT

Palmerton Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/19	**4/2/19**	**4/3/19**	**4/4/19**	**4/5/19**
Blueberry Pancakes w/ syrup or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Sausage & Cheese Biscuit or Assorted Cereals with choice of additional Grain	Waffles or Assorted Cereals with choice of additional Grain	Mini Filled Bagel or Assorted Cereals with choice of additional Grain
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
4/8/19	**4/9/19**	**4/10/19**	**4/11/19**	**4/12/19**
Banana Bread or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Yogurt Parfait with Toast & Spreads or Assorted Cereals with choice of additional Grain	Pancakes w/ syrup Assorted Cereals with choice of additional Grain	Sausage,Egg & Cheese Sandwich Assorted Cereals with choice of additional Grain
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
4/15/19	**4/16/19**	**4/17/19**	**4/18/19**	**4/19/19**
Blueberry Pancakes w/ syrup or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Pancake battered Sausage on a stick or Assorted Cereals with choice of additional Grain	Waffle with Syrup or Assorted Cereals with choice of additional Grain	**Spring 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	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	
4/22/19	**4/23/19**	**4/24/19**	**4/25/19**	**4/26/19**
Mini Filled Bagel or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Yogurt Parfait with Toast & Spreads or Assorted Cereals with choice of additional Grain	Pancakes With Syrup or Assorted Cereals with choice of additional Grain	Hot Ham & Cheese sandwich or Assorted Cereals with choice of additional Grain
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
4/29/19	**4/30/19**	**5/1/19**	**5/2/19**	**5/3/19**
Chocolate chip French Toast or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Pancake battered Sausage on a stick or Assorted Cereals with choice of additional Grain	Waffle with Syrup or Assorted Cereals with choice of additional Grain	**Teacher inservice**
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	
5/6/19	**5/7/19**	**5/8/19**	**5/9/19**	**5/10/19**
Cheese omelette with Toast or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Sausage & Cheese Burrito or Assorted Cereals with choice of additional Grain	Pancakes with Syrup or Assorted Cereals with choice of additional Grain	**Egg, Ham & Cheese sandwich or Assorted Cereals with choice of additional Grain**
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**

Student Paid Breakfast $1.15 JR/H.S $ 1.25 **Student Reduced Breakfast $0.30** **Adult Breakfast $2.10**

GM:Jamie Porter 610.826.3155 ext2218 jporter@palmerton.org myschoolbucks.com

This institution is an equal opportunity provider

What is a Meal?

You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein
Choice of fuit or vegetable (must take at least a 1/2 cup)
and
Choice of Milk
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
Cheerios
Fruit Loops
Frosted Flakes
Served with additional Grain

Apple Muffin
Chocolate Muffin
Banana Muffin
Blueberry Muffin
Are Also included as Breakfast Options