



Palmerton Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
8/26/19 Banana Bread or Assorted Cereals <small>with choice of additional Grain</small>	8/27/19 Breakfast Pizza or Assorted Cereals <small>with choice of additional Grain</small>	8/28/19 Sausage & Cheese Biscuit or Assorted Cereals <small>with choice of additional Grain</small>	8/29/19 Waffles or Assorted Cereals <small>with choice of additional Grain</small>	8/30/19 Labor Day Holiday
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	
9/2/19	9/3/19	9/4/19	9/5/19	9/6/19
Labor Day Holiday	Breakfast Pizza or Assorted Cereals <small>with choice of additional Grain</small>	Yogurt Parfait with Toast & Spreads or Assorted Cereals <small>with choice of additional Grain</small>	Pancakes w/ syrup or Assorted Cereals <small>with choice of additional Grain</small>	Sausage, Egg & Cheese Sandwich or Assorted Cereals <small>with choice of additional Grain</small>
	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
9/9/19	9/10/19	9/11/19	9/12/19	9/13/19
Blueberry Pancakes w/ syrup or Assorted Cereals <small>with choice of additional Grain</small>	Breakfast Pizza or Assorted Cereals <small>with choice of additional Grain</small>	Pancake battered Sausage on a stick or Assorted Cereals <small>with choice of additional Grain</small>	Waffle with Syrup or Assorted Cereals <small>with choice of additional Grain</small>	French Toast with syrup or Assorted Cereals <small>with choice of additional Grain</small>
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
9/16/19	9/17/19	9/18/19	9/19/19	9/20/19
Mini Filled Bagel or Assorted Cereals <small>with choice of additional Grain</small>	Breakfast Pizza or Assorted Cereals <small>with choice of additional Grain</small>	Yogurt Parfait with Toast & Spreads or Assorted Cereals <small>with choice of additional Grain</small>	Pancakes With Syrup or Assorted Cereals <small>with choice of additional Grain</small>	Hot Ham & Cheese sandwich or Assorted Cereals <small>with choice of additional Grain</small>
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
9/23/19	9/24/19	9/25/19	9/26/19	9/27/19
Chocolate chip French Toast or Assorted Cereals <small>with choice of additional Grain</small>	Breakfast Pizza or Assorted Cereals <small>with choice of additional Grain</small>	Pancake battered Sausage on a stick or Assorted Cereals <small>with choice of additional Grain</small>	Waffle with Syrup or Assorted Cereals <small>with choice of additional Grain</small>	Sausage & Cheese on a Biscuit or Assorted Cereals <small>with choice of additional Grain</small>
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
9/30/19	10/1/19	10/2/19	10/3/19	10/4/19
Blueberry Bread or Assorted Cereals <small>with choice of additional Grain</small>	Breakfast Pizza or Assorted Cereals <small>with choice of additional Grain</small>	Sausage & Cheese Burrito or Assorted Cereals <small>with choice of additional Grain</small>	Pancakes with Syrup or Assorted Cereals <small>with choice of additional Grain</small>	Cheese omelette with Toast or Assorted Cereals <small>with choice of additional Grain</small>
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

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)
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



Student Paid Breakfast \$1.20 JR/H.S \$ 1.30 Student Reduced Breakfast \$0.30 Adult Breakfast \$2.15