

High School and Junior High  
November - December 2021



**Metz**  
CULINARY MANAGEMENT

# Palmerton Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11/22/21</b>	<b>11/23/21</b>	<b>11/24/21</b>	<b>11/25/21</b>	<b>11/26/21</b>
Waffles Syrup or Poptart with choice of Additional Grain	Breakfast Pizza with Egg and Bacon or Mini Filled Bagel with choice of Additional Grain	Hot Ham & Cheese on English Muffin or Blueberry Muffin with choice of Additional Grain	NO SCHOOL	NO SCHOOL
Assorted 100% Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	 <b>Happy Thanksgiving</b>	
<b>11/29/21</b>	<b>11/30/21</b>	<b>12/1/21</b>	<b>12/2/21</b>	<b>12/3/21</b>
NO SCHOOL	Breakfast Pizza with Egg and Sausage or French Toast Bar with choice of additional Grain	Pancake battered Sausage on a stick or Chocolate Donuts with choice of additional Grain	Yogurt Parfait with Granola or Apple Cinnamon Muffin with choice of additional Grain	Chocolate Frosted Poptart 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
<b>12/6/21</b>	<b>12/7/21</b>	<b>12/8/21</b>	<b>12/9/21</b>	<b>12/10/21</b>
Pancake Battered Sausage on a Stick or Banana Muffin with choice of additional Grain	Breakfast Pizza with Egg and Bacon or Mini Filled Bagel with choice of additional Grain	Yogurt Parfait with Granola or Chocolate Donuts with choice of additional Grain	Chocolate Chip French Toast or Blueberry Bread with choice of additional Grain	French Toast Sticks with Syrup or Chocolate Chip Oatmeal Bar 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
<b>12/13/21</b>	<b>12/14/21</b>	<b>12/15/21</b>	<b>12/16/21</b>	<b>12/17/21</b>
Chocolate Chip French Toast or Chocolate Muffin with Choice of additional grain	Breakfast Pizza with Egg and Sausage or Mini Filled Bagel with choice of additional Grain	Pancake Battered Sausage on a Stick or Cereal Bar with choice of additional Grain	Pancakes With Syrup or French Toast Bar with choice of additional Grain	Hot Ham & Cheese on English Muffin or Choc Frosted Poptart 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
<b>12/20/21</b>	<b>12/21/21</b>	<b>12/22/21</b>	<b>12/23/21</b>	<b>12/24/21</b>
Chocolate chip French Toast or Apple Cinnamon Muffin with choice of additional Grain	Breakfast Pizza with Egg and Bacon or Mini Filled Bagel with choice of additional Grain	Pancake battered Sausage on a stick or Yogurt Parfait with choice of additional Grain	Mini Filled Bagels or Blueberry Bread with choice of additional Grain	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	 <b>Happy Holidays</b>
<b>12/27/21</b>	<b>12/28/21</b>	<b>12/29/21</b>	<b>12/30/21</b>	<b>12/31/21</b>
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
 <b>Happy Holidays</b>				
<b>Student Paid Breakfast \$1.20 JR/H.S - Free Student Reduced Breakfast -Free Adult Breakfast \$2.15</b>				

### 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

### Breakfast Options Also include

Apple Muffin  
Chocolate Muffin  
Banana Muffin  
Blueberry Muffin

USDA is an Equal opportunity provider and employer

**Menu is subject to change based on product availability**

