Palmerton Breakfast Menu

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
5/9/22	**5/10/22**	**5/11/22**	**5/12/22**	**5/13/22**
Waffles with Syrup or Pop tart with choice of additional grain	Breakfast Pizza with Egg and Bacon or Mini Filled Bagel with choice of Additional Grain	Ham, Egg & Cheese on English Muffin or Blueberry Muffin with choice of Additional Grain	Cinnamon French Toast w/ Syrup or Banana Bread with choice of Additional Grain	Sausage, Egg and Cheese on Croissant or Chocolate Banana Bar with choice of Additional Grain
Assorted 100% Fruit 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	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
5/16/22	**5/17/22**	**5/18/22**	**5/19/22**	**5/20/22**
Mini French Toast with Syrup or Cereal Bar 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 Banana Bread with choice of additional Grain	Yogurt Parfait with Granola or Apple Cinnamon Muffin with choice of additional Grain	French Toast Sticks with Syrup or Blueberry Muffin 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
5/23/22	**5/24/22**	**5/25/22**	**5/26/22**	**5/27/22**
Pancakes w/ syrup or Pop tart 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 Chip Muffin with choice of additional Grain	Bacon, Egg and Cheese on a Biscuit or Blueberry Bread with choice of additional Grain	Waffles with Syrup or French Toast 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
5/30/22	**5/31/22**	**6/1/22**	**6/2/22**	**6/3/22**
NO SCHOOL	Breakfast Pizza with Egg and Sausage or Mini Filled Bagel with choice of additional Grain	Pancake battered Sausage on a stick or Chocolate Banana Bar with choice of additional Grain	Pancakes With Syrup or French Toast Bar with choice of additional Grain	No Breakfast Served Last day of School
memorial DAY	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	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	

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

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

Breakfast Options Also include

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

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This institution is an equal opportunity provider