## Secondary Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday | What is a Meal? <br> You must choose at least 3 of the 4 components available for the school breakfast price. |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1/1/24 | 1/2/24 | 1/3/24 | 1/4/24 | 1/5/24 |  |
| a New | Breakfast Pizza with Egg and Bacon or <br> Mini Filled Bagel Goldfish Graham | Ham, Egg and Cheese on English Muffin or Blueberry Muffin Goldfish Graham | Cinnamon French Toast w/ Syrup <br> or <br> Strawberry Pop tart Goldfish Graham | Waffles <br> Syrup <br> or <br> Chocolate Chip Muffin Goldfish Graham | Choice of: Grain or grain/protein Choice of fruit or vegetable (must take at least a 1/2 cup) |
| - | Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Choice of Milk <br> Choice of Milk - $1 \%$ white, fat-free white, chocolate, vanilla and strawberry |
| 1/8/24 | 1/9/24 | 1/10/24 | 1/11/24 | 1/12/24 | You must take at least $1 / 2$ cup of fruit or vegetable |
| Mini Pancakes with Syrup | Breakfast Pizza with Egg and Sausage | Pancake Battered Sausage | Yogurt Parfait with Granola | French Toast with Syrup |  |
| Banana Muffin with Goldfish Graham | French Toast Bar with Goldfish Graham | or Banana Bread | or Chocolate Chip Muffin Scooby Graham | or Blueberry Po Tart with Scooby Graham | Whole Grain Cereal Selection May Include: Cinnamon Toast Crunch |
|  | Assorted 100\% Fruit Juice | Assorted 100\% Fruit Juice | Assorted 100\% Fruit Juice | Assorted 100\% Fruit Juice |  |
| \& Assorted Fresh | \& Assorted Fresh | \& Assorted Fresh | \& Assorted Fresh | \& Assorted Fresh | Cocoa Puff |
| or Canned Fruit | or Canned Fruit | or Canned Fruit | or Canned Fruit | Canned Fruit | Fruity Cheerios |
| Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk | Cheerios |
| 1/15/24 | 1/16/24 | 1/17/24 | 1/18/24 | 1/19/24 | Fruit Loops |
|  | Breakfast Pizza <br> with Egg and Bacon <br> or <br> Mini Strawberry Filled Bagel | Yogurt Parfait with Granola <br> or <br> Cherry Strudel | Bacon, Egg and Cheese on a Biscuit or Blueberry Bread | Chocolate Chip Waffles with Syrup or Apple Cinnamon Muffin Goldfish Graham | Lucky Charms <br> Served with Toast |
|  | Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Daily Fruit Selection May Include: <br> Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, $100 \%$ juice (apple, orange, fruit punch, grape, orange pineapple, fresh fruit selection including apples, bananas and oranges, pears, other seasonal fruit as available. |
| 1/22/24 | 1/23/24 | 1/24/24 | 1/25/24 | 1/26/24 |  |
| Blueberry Pancakes with Syrup <br> or Blueberry Bread | Breakfast Pizza with Egg and Sausage or <br> Mini Filled Bagel | Pancake Battered Sausage <br> on a Stick <br> or <br> Cereal Bar | Yogurt Parfait with Granola with Syrup <br> or <br> Oatmeal Chocolate Chip Bar | Hot Ham and Cheese on English Muffin or Banana Bread |  |
|  |  | Goldfish Graham |  |  |  |
| Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk |  |
| 1/29/24 | 1/30/24 | 1/31/24 | 2/1/24 | 2/2/24 |  |
| Chocolate Chip French Toast <br> or <br> Apple Cinnamon Muffin with Goldfish Graham Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Breakfast Pizza <br> or <br> Assorted Cereals or Cereal Bar with Graham Crackers <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Ham, Egg and Cheese on Biscuit or French Toast Breakfast Bar <br> Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | Waffles with Syrup <br> or <br> Blueberry Bread <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Sausage, Egg and Cheese on English Muffin <br> or <br> Banana Muffin with Goldfish Graham Assorted 100\% Fruit Juice \& Assorted Fresh or Canned Fruit Choice of Milk | General Manager Edward Welch |
| 2/5/24 | 2/6/24 | 2/7/24 | 2/8/24 | 2/9/24 | Ed Welch@palmerton.org |
| Chocolate Chip French Toast with Syrup <br> or <br> Banana Bread <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Breakfast Pizza <br> with Bacon and Egg <br> or <br> Cherry Strudel <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Sausage, Egg \& Cheese Burrito <br> or <br> Mini Strawberry Bagel <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Mini French Toast with Syrup <br> or <br> Blueberry Muffin <br> Goldfish Graham <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | Sausage, Egg and Cheese <br> on a Croissant <br> or <br> French Toast Bar <br> Assorted 100\% Fruit Juice <br> \& Assorted Fresh <br> or Canned Fruit <br> Choice of Milk | $\text { 610-826-3155 Ext. } 2218$ <br> Menu is subject to change based on product availability <br> This institution is and equal opportunity provider and employer |
| Student Paid Breakfast \$1.40 Stur |  | Student Reduced Breakfast \$0.30 A |  | Breakfast \$2.20 | www.schoolcafe.com |

