Secondary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1/1/24	1/2/24	1/3/24	1/4/24	1/5/24
	Breakfast Pizza	Ham, Egg and Cheese	Cinnamon French Toast	Waffles
	with Egg and Bacon	on English Muffin	w/ Syrup	Syrup
1 mino	or	or	or	or
Oppar	Mini Filled Bagel	Blueberry Muffin	Strawberry Pop tart	Chocolate Chip Muffin
a New	Goldfish Graham	Goldfish Graham	Goldfish Graham	Goldfish Graham
SWART	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
	1	1	İ	İ
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
1/8/24	Choice of Milk 1/9/24	Choice of Milk 1/10/24	Choice of Milk 1/11/24	Choice of Milk 1/12/24
, ,	, ,	, ,	, ,	
Mini Pancakes	Breakfast Pizza	Pancake Battered Sausage	Yogurt Parfait with Granola	French Toast
with Syrup	with Egg and Sausage			with Syrup
or	or	or	or	or
Banana Muffin	French Toast Bar	Banana Bread	Chocolate Chip Muffin	Blueberry Po Tart
with Goldfish Graham	with Goldfish Graham		Scooby Graham	with Scooby Graham
Assorted 100% Fruit Juice	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
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
<u>, , , , , , , , , , , , , , , , , , , </u>	Breakfast Pizza	Yogurt Parfait with Granola	Bacon, Egg and Cheese	Chocolate Chip Waffles
	with Egg and Bacon	rogart ranar mar oranoa	on a Biscuit	with Syrup
MARTIN	Or	or	or a biscart	or
LUTHER				
KING JR	Mini Strawberry Filled Bagel	Cherry Strudel	Blueberry Bread	Apple Cinnamon Muffin
				Goldfish Graham
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Blueberry Pancakes	Breakfast Pizza	Pancake Battered Sausage	Yogurt Parfait with Granola	Hot Ham and Cheese
with Syrup	with Egg and Sausage	on a Stick	with Syrup	on English Muffin
or	or	or	or	or
OI .				
Blueberry Bread	Mini Filled Bagel	Cereal Bar	Oatmeal Chocolate Chip Bar	Banana Bread
	Mini Filled Bagel		Oatmeal Chocolate Chip Bar	Banana Bread
Blueberry Bread		Goldfish Graham		
Blueberry Bread Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Goldfish Graham Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh	Assorted 100% Fruit Juice & Assorted Fresh
Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit
Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit 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
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24 Breakfast Pizza	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24 Ham, Egg and Cheese	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24 Waffles	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24 Sausage, Egg and Cheese
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24 Chocolate Chip French Toast	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24 Breakfast Pizza or	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24 Ham, Egg and Cheese on Biscuit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24 Waffles with Syrup	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24 Sausage, Egg and Cheese on English Muffin
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24 Chocolate Chip French Toast or	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24 Breakfast Pizza	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24 Ham, Egg and Cheese on Biscuit or	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24 Waffles	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24 Sausage, Egg and Cheese
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24 Chocolate Chip French Toast	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24 Breakfast Pizza or	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24 Ham, Egg and Cheese on Biscuit	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24 Waffles with Syrup	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24 Sausage, Egg and Cheese on English Muffin
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24 Chocolate Chip French Toast or	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24 Breakfast Pizza or Assorted Cereals or Cereal Bar	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24 Ham, Egg and Cheese on Biscuit or	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24 Waffles with Syrup or	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24 Sausage, Egg and Cheese on English Muffin or
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24 Chocolate Chip French Toast or Apple Cinnamon Muffin with Goldfish Graham	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24 Breakfast Pizza or Assorted Cereals or Cereal Bar	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24 Ham, Egg and Cheese on Biscuit or	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24 Waffles with Syrup or	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24 Sausage, Egg and Cheese on English Muffin or Banana Muffin with Goldfish Graham
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24 Chocolate Chip French Toast or Apple Cinnamon Muffin	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24 Ham, Egg and Cheese on Biscuit or French Toast Breakfast Bar	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24 Waffles with Syrup or Blueberry Bread	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24 Sausage, Egg and Cheese on English Muffin or Banana Muffin with Goldfish Graham
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/29/24 Chocolate Chip French Toast or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/30/24 Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice	Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 1/31/24 Ham, Egg and Cheese on Biscuit or French Toast Breakfast Bar Assorted 100% Fruit Juice	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/1/24 Waffles with Syrup or Blueberry Bread Assorted 100% Fruit Juice	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 2/2/24 Sausage, Egg and Cheese on English Muffin or Banana Muffin with Goldfish Graham Assorted 100% Fruit Juice
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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

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch Trix Cocoa Puffs Fruity Cheerios Cheerios Fruit Loops Lucky Charms

Served with Toast

Daily Fruit Selection May Include:

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.

General Manager Edward Welch

Ed Welch@palmerton.org 610-826-3155 Ext. 2218

Menu is subject to change based on product availability

This institution is and equal opportunity provider and employer

www.schoolcafe.com

Student Paid Breakfast \$1.40

Student Reduced Breakfast \$0.30

Adult Breakfast \$2.20