High & Junior High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
-	-		-	-	You must choose at least 3 of the
3/25/24	3/26/24	3/27/24	3/28/24	3/29/24	4 components available for the
Waffles	Breakfast Pizza	Ham, Egg and Cheese	Cinnamon French Toast		school breakfast price.
w/ Syrup or	with Egg and Bacon	on English Muffin or	w/ Syrup or	8. <i>A</i>	Choice of: Grain or grain/protein
-	or		-		Choice of fruit or vegetable
Chocolate Donut	Banana Muffin	Blueberry Muffin	Strawberry Pop tart		(must take at least a 1/2 cup)
Goldfish Graham	Goldfish Graham	Goldfish Graham	Goldfish Graham		and Choice of Milk
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	· ₩ N	Choice of Milk - 1% white, fat-free
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh		white, chocolate, vanilla and
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit		strawberry
Choice of Milk 4/1/24	Choice of Milk 4/2/24	Choice of Milk 4/3/24	Choice of Milk 4/4/24	4/5/24	You must take at least 1/2 cup of
7/1/27	Breakfast Pizza	1 - 1		French Toast	fruit or vegetable
N / -		Pancake Battered Sausage	Mini Strawberry Filled Bagel		
	w/ Egg and Bacon	or	or.	with Syrup	
	Or Developerat	Or Departs Droad	Or Chaselets Chin Muffin	Of Divebarry Dan Tart	Whole Grain Cereal
A MA	Powdwerd Donut	Banana Bread	Chocolate Chip Muffin	Blueberry Pop Tart with Scooby Graham	Selection May Include:
W VI .	Assessed 4000/ Emilt Inite	Asserted 400% Emilt Inits	Scooby Graham	Assorted 100% Fruit Juice	Cinnamon Toast Crunch
I	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		Trix
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Cocoa Puffs
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	Fruity Cheerios Cheerios
4/8/24	Choice of Milk 4/9/24	Choice of Milk 4/10/24	Choice of Milk 4/11/24	Choice of Milk 4/12/24	Fruit Loops
					Lucky Charms
Pancakes	Breakfast Pizza	Yogurt Parfait with Granola	Bacon, Egg and Cheese	Chocolate Chip Waffles	
with Syrup	with Egg and Bacon		on a Biscuit	with Syrup	Served with Toast
or	or	or	or	or	
Banana Bread	Banana Chocolate Bar	Cherry Strudel	Blueberry Bread	Apple Cinnamon Muffin	
				Goldfish Graham	Deily Fruit Solo dian May
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Daily Fruit Selection May
& 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	Canned peaches, applesauce, pears, pineapple, fruit cocktail,
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk 4/19/24	mandarin oranges, 100% juice
4/15/24	4/16/24	4/17/24	4/18/24		(apple, orange, fruit punch,
Blueberry Pancakes	Breakfast Pizza	Pancake Battered Sausage	Yogurt Parfait with Granola	Hot Ham and Cheese	grape, orange pineapple, fresh
with Syrup	with Egg and Sausage	on a Stick	with Syrup	on English Muffin	fruit selection including apples, bananas and oranges, pears,
or	or	or	or	or	other seasonal fruit as available.
Blueberry Bread	Oatmeal Choclate Chip Bar	Cereal Bar	Mini Filled Bagel	Banana Bread	
		Goldfish 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	
4/22/24	4/23/24	4/24/24	4/25/24	4/26/24	-
Chocolate Chip French Toast	Breakfast Pizza	Ham, Egg and Cheese	Waffles	Sausage, Egg and Cheese	
with Syrup	w/ Egg and Sausage	on Biscuit	with Syrup	on a English Muffin	
or	or	or	or	or	
or Apple Cinnamon Muffin		or French Toast Breakfast Bar	or Blueberry Bread	or Banana Bread	
or Apple Cinnamon Muffin with Goldfish Graham	or Chocolate Donut	French Toast Breakfast Bar	Blueberry Bread	Banana Bread	
or Apple Cinnamon Muffin	or	-			
or Apple Cinnamon Muffin with Goldfish Graham	or Chocolate Donut	French Toast Breakfast Bar	Blueberry Bread	Banana Bread	
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	French Toast Breakfast Bar Assorted 100% Fruit Juice	Blueberry Bread Assorted 100% Fruit Juice	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	General Manager
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Edward Welch
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit	Edward Welch Ed Welch@palmerton.org
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Edward Welch
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes with Syrup	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza with Bacon and Egg	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24 Sausage, Egg & Cheese Burrito	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast with Syrup	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/3/24	Edward Welch Ed Welch@palmerton.org
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes with Syrup or	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza with Bacon and Egg or	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24 Sausage, Egg & Cheese Burrito or	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast with Syrup or	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/3/24	Edward Welch Ed Welch@palmerton.org 610-826-3155 Ext. 2218 Menu is subject to change based
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes with Syrup	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza with Bacon and Egg	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24 Sausage, Egg & Cheese Burrito	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast with Syrup	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/3/24	Edward Welch Ed Welch@palmerton.org 610-826-3155 Ext. 2218
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes with Syrup or	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza with Bacon and Egg or	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24 Sausage, Egg & Cheese Burrito or	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast with Syrup or	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/3/24	Edward Welch Ed Welch@palmerton.org 610-826-3155 Ext. 2218 Menu is subject to change based
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes with Syrup or	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza with Bacon and Egg or	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24 Sausage, Egg & Cheese Burrito or	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast with Syrup or Blueberry Muffin	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/3/24	Edward Welch Ed Welch@palmerton.org 610-826-3155 Ext. 2218 Menu is subject to change based
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes with Syrup or Banana Bread	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza with Bacon and Egg or Blueberry Pop Tart	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24 Sausage, Egg & Cheese Burrito or Blueberry Muffin	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast with Syrup or Blueberry Muffin Goldfish Graham	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/3/24	Edward Welch Ed Welch@palmerton.org 610-826-3155 Ext. 2218 Menu is subject to change based
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes with Syrup or Banana Bread Assorted 100% Fruit Juice	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza with Bacon and Egg or Blueberry Pop Tart Assorted 100% Fruit Juice	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24 Sausage, Egg & Cheese Burrito or Blueberry Muffin Assorted 100% Fruit Juice	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast with Syrup or Blueberry Muffin Goldfish Graham Assorted 100% Fruit Juice	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/3/24	Edward Welch Ed Welch@palmerton.org 610-826-3155 Ext. 2218 Menu is subject to change based
or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/29/24 Mini Pancakes with Syrup or Banana Bread Assorted 100% Fruit Juice & Assorted Fresh	or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 4/30/24 Breakfast Pizza with Bacon and Egg or Blueberry Pop Tart Assorted 100% Fruit Juice & Assorted Fresh	French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/1/24 Sausage, Egg & Cheese Burrito or Blueberry Muffin Assorted 100% Fruit Juice & Assorted Fresh	Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/2/24 Mini French Toast with Syrup or Blueberry Muffin Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh	Banana Bread assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 5/3/24	Edward Welch Ed Welch@palmeton.org 610-826-3155 Ext. 2218 Menu is subject to change based on product availability