

Junior & High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
9/2/24	9/3/24	9/4/24	9/5/24	9/6/24
				
9/9/24	9/10/24	9/11/24	9/12/24	9/13/24
Mini Pancakes with Syrup or Blueberry Bread	Breakfast Pizza or Powdered Donut with Goldfish Graham	Pancake Battered Sausage or Banana Bread	Mini strawberry Filled Bagel or Chocolate Chip Muffin Scooby Graham	Chocolate Chip French Toast with Syrup or Pop tart with Scooby 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	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/16/24	9/17/24	9/18/24	9/19/24	9/20/24
Pancakes with Syrup or Blueberry Muffin with Scooby Graham	Breakfast Pizza with Egg and Sausage or Banana Chocolate Bar	Yogurt Parfait with Granola or Cherry Strudel	Bacon, Egg and Cheese on a Biscuit or Blueberry Bread	Chocolate Chip Waffles with Syrup or Apple Cinnamon Muffin 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	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
9/23/24	9/24/24	9/25/24	9/26/24	9/27/24
Blueberry Pancakes with Syrup or Banana Bread	Breakfast Pizza with Egg and Sausage or Oatmeal Chocolate Chip Bar	Pancake Battered Sausage on a Stick or Cereal Bar Goldfish Graham	Yogurt Parfait with Granola with Syrup or Mini filled Bagel	Hot Ham and Cheese on English Muffin or Banana 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	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
9/30/24	10/1/24	10/2/24	10/3/24	10/4/24
Chocolate Chip French Toast or Apple Cinnamon Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza with Egg and Sausage or Chocolate Donut Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Ham, Egg and Cheese on Biscuit or French Toast Breakfast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Waffles with Syrup or Blueberry Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, Egg and Cheese on Croissant or Banana Muffin with Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
10/7/22	10/8/22	10/9/22	10/10/22	10/11/22
Mini Pancakes with Syrup or Banana Bread Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza with Bacon and Egg or Blueberry Pop Tart Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, Egg & Cheese Burrito or Apple Cinnamon Muffin Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Waffles with Syrup or Blueberry Muffin Goldfish Graham Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, Egg and Cheese on a Donut or French Toast Bar Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
Student Paid Breakfast \$0 Student Reduced Breakfast \$0 Adult Breakfast \$2.85				

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
EdWelch@palmerton.org
 610-826-3155 Ext. 2218

Menu is subject to change based on product availability

This institution is an equal opportunity provider and employer

www.schoolcafe.com