#### Jenkintown School District

### Breakfast Menu

# **January 2025**



| Monday   | Tuesday                               | Wednesday                             | Thursday  | Friday                                | Offered Daily  |
|--|---------------------------------------|---------------------------------------|---|---------------------------------------|--|
|  |                                       | 1                                     | 2   | 3                                     | What is a Meal?  |
|  |                                       |                                       |   |                                       | Students must choose at least 3 of the 4 components available for the school breakfast price.  |
|  |                                       |                                       |   |                                       | - Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Fruit<br>- Choice of Milk  |
| 6  | 7                                     | 8                                     | 9   | 10                                    | A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.   |
|  | Lemon Bread                           | Cinnamon Pop Tart                     | Banana Muffin   | Cherry Frudel                         | NAME OF COMMENT OF THE PROPERTY OF THE PROPERT |
|  |                                       |                                       |   |                                       | Whole Grain Cereal Bars  |
|  | Or Cereal Bar                         | Or Cereal Bar                         | Or Cereal Bar   | Or Cereal Bar                         | Cinnamon Toast Crunch, Trix,   |
|  | with Graham Crackers                  | with Graham Crackers                  | with Graham Crackers  | with Graham Crackers                  | Cocoa Puffs, Golden  |
| 13   | 14                                    | 15                                    | 16  | 17                                    | Grahams, and Various Nutri-Grain<br>Flavors  |
| Blueberry Bread  | French Toast                          | Chocolate Chip Muffin                 | Egg and Cheese Bagel  | Bagel w/ Strawbwerry<br>Cream Cheese  | Choice of Fruit<br>Seasonal fresh fruits,<br>canned fruit in light syrup, 100%<br>fruit juice  |
| Or Cereal Bar<br>with Graham Crackers  | Or Cereal Bar<br>with Graham Crackers | Or Cereal Bar<br>with Graham Crackers | Or Cereal Bar<br>with Graham Crackers                             | Or Cereal Bar<br>with Graham Crackers | Choice of Milk 1% white or fat-free chocolate  |
| 20   | 21                                    | 22                                    | 23  | 24                                    |  |
|  | Banana Bread                          | Whole Grain Donuts                    | Cinni Mini  | Funfetti Pancakes                     |  |
|  | Or Cereal Bar<br>with Graham Crackers | Or Cereal Bar<br>with Graham Crackers | Or Cereal Bar<br>with Graham Crackers                             | Or Cereal Bar<br>with Graham Crackers | All Offered Breakfast Items meet<br>USDA Child Nutrition Program's<br>criteria for Grain and Whole<br>Grain-Rich meals.<br>All items are free from<br>artificial flavors, colors and high  |
| 27   | 28                                    | 29                                    | 30  | 31                                    | fructose corn syrup.<br>Name Brand items are   |
| Pumpkin Bread  | Cinnamon Waffles                      | Apple Frudel                          | Egg and Cheese Bagel  | Blueberry Muffin                      | formulated for K-12 Schools, and have nutritional values that differ from their store bought counterparts.   |
| Or Cereal Bar<br>with Graham Crackers  | Or Cereal Bar<br>with Graham Crackers | Or Cereal Bar<br>with Graham Crackers | Or Cereal Bar<br>with Graham Crackers                             | Or Cereal Bar<br>with Graham Crackers | Reduced Sugar, Reduced Fat.<br>Healthy Start!  |
| Metz Culinary at Jenkintown Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com |                                       |                                       | Meal Prices Student Breakfast Reduced Breakfast Faculty Breakfast | FREE<br>FREE<br>\$2.85                | Metz<br>CULINARY MANAGEMENT<br>ENVIRONMENTAL SERVICES  |

#### **Jenkintown School District** Elementary Lunch Menu

# **January 2025**



|  | -  |  |  |   |  |
|--|--|--|--|---|--|
| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Offered Daily  |
|  |  | 1  | 2  | 3   | What is a Meal?  |
|  |  |  |  |   | Students must choose at least 3 of the 5 components available for the school lunch price.                        |
|  |  |  |  |   | - Choice of Whole Grain<br>- Choice of Protein<br>- Choice of Vegetable<br>- Choice of Fruit<br>- Choice of Milk |
| 6  | 7  | 8<br>Chicken Nuggets                               | 9  | 10  | A minimum ½ cup serving of fruit or  |
|  | Corn Dogs  | Or   | Turkey and Cheese Hoagie                                     | Pizza Day   | vegetable must accompany a reimbursable lunch.   |
|  |  | Vegan Nuggets                                      |  |   | Choice of Vegetable  |
|  | FEATURED VEGGIES<br>Smiley Fries                         | FEATURED VEGGIES Ranch Refried Beans Celery        | FEATURED VEGGIES Seasoned Corn Fresh Peppers                 | FEATURED VEGGIES<br>Lemon Parmesan Broccoli<br>Side Salad | Hot vegetable, leafy salad,<br>composed bean salad, seasonal<br>fresh vegetables                                 |
| 13   | 14   | 15   | 16   | 17  | Choice of Fruit  |
| Waffles and<br>Turkey Sausage  | Walking Tacos  |  | Burger Bar   | Pizza Day   | Seasonal fresh fruits,<br>canned fruit in light syrup, 100%<br>fruit juice                                       |
| FEATURED VEGGIES<br>Tater Tots<br>Grape Tomatoes   | FEATURED VEGGIES<br>Corn Salsa<br>Seasoned Corn          |  | FEATURED VEGGIES<br>Coleslaw<br>Oven Fries                   | FEATURED VEGGIES<br>Lemon Parmesan Broccoli<br>Side Salad | Choice of Milk  1% white or fat-free chocolate   |
| 20   | 21   | 22   | 23   | 24  | Daily Alternates   |
|  | Grilled Cheese w/ Tomato<br>Soup<br>Grilled Ham & Cheese | Pasta Bar  | Popcorn Chicken with Rice                                    | Pizza Day   | Fresh Entree Salad Bar<br>Cheeseburger or Chicken<br>Sandwich  |
|  | FEATURED VEGGIES Tomato Soup Celery Sticks               | FEATURED VEGGIES Steamed Peas Fresh Peppers        | FEATURED VEGGIES Cauliflower Grape Tomatoes                  | FEATURED VEGGIES<br>Lemon Parmesan Broccoli<br>Side Salad | Weekly Cold Cut Sandwiches or<br>Wraps<br>Peanut Butter & Jelly  |
| 27   | 28   | 29   | 30   | 31  |  |
| Build a Breakfast Sandwich   | Chicken or Beef Tacos                                    | Turkey Chili<br>3 Bean Chili                       | Chicken Nachos   | Pizza Day   |  |
| FEATURED VEGGIES Tater Tots Celery   | FEATURED VEGGIES Refried Beans Fresh Peppers             | FEATURED VEGGIES Steamed Carrots Fresh Cauliflower | FEATURED VEGGIES Roasted Cauliflower Baby Carrots            | FEATURED VEGGIES Lemon Parmesan Broccoli Side Salad       |  |
| Metz Culinary at Jenkintown Chris Talmadge, General Manager 215-885-3722 ma1087@metzcorp.com |  |  | Meal Prices  HS Student Lunch ES Student Lunch Faculty Lunch | \$3.35<br>\$2.85<br>\$4.65                                | Metz  CULINARY MANAGEMENT ENVIRONMENTAL SERVICES   |