

Breakfast Menu

February 2026



Meet Your Nutritious Friend:
Cheerleading Cherries

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereal Bars Cinnamon Toast Crunch, Trix, Cocoa Puffs, Golden Grahams, and Various Nutri-Grain Flavors Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white or fat-free chocolate All Offered Breakfast Items meet USDA Child Nutrition Program's criteria for Grain and Whole Grain-Rich meals. All items are free from artificial flavors, colors, and high fructose corn syrup. Name Brand items are formulated for K-12 Schools, and have nutritional values that differ from their store bought counterparts. Reduced Sugar, Reduced Fat. Healthy Start!
2 WG Pillsbury Waffles or Cereal Bar with Graham Crackers	3 Reduced Sugar Cereal Bowl or Cereal Bar with Graham Crackers	4 Jimmy Dean Pancake & Turkey Sausage on a Stick or Cereal Bar with Graham Crackers	5 Chocolate Chip French Toast or Cereal Bar with Graham Crackers	6 Banana Muffin or Cereal Bar with Graham Crackers	
9 Mini Cinni Rolls or Cereal Bar with Graham Crackers	10 Egg & Cheese Bagel or Cereal Bar with Graham Crackers	11 French Toast or Cereal Bar with Graham Crackers	12 Eggo WG Pancakes or Cereal Bar with Graham Crackers	13 Blueberry Muffin or Cereal Bar with Graham Crackers	
16 NO SCHOOL	17 Cherry Strudel or Cereal Bar with Graham Crackers	18 Pillsbury Puff Pancakes or Cereal Bar with Graham Crackers	19 Cereal Flavored Muffins or Cereal Bar with Graham Crackers	20 Banana Bread or Cereal Bar with Graham Crackers	
23 Whole Grain Donut or Cereal Bar with Graham Crackers	24 Tony's Breakfast Bagel or Cereal Bar with Graham Crackers	25 Strawberry Cream Cheese Bagel Bites or Cereal Bar with Graham Crackers	26 French Toast or Cereal Bar with Graham Crackers	27 Chocolate Chip Muffin or Cereal Bar with Graham Crackers	
Metz Culinary at Jenkintown Chris Talmadge, General Manager Chris.Talmadge@metzcorp.com					Meal Prices Student Breakfast FREE Reduced Breakfast FREE Faculty Breakfast \$2.85

