

Breakfast Menu

June 2026



**Meet Your Nutritious Friend:
Whistling Watermelon**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Apple Cinnamon Muffin or Cereal Bar with Graham Crackers	2 Tony's Breakfast Bagel or Cereal Bar with Graham Crackers	3 Bagel, Egg, & Cheese or Cereal Bar with Graham Crackers	4 Banana Muffin or Cereal Bar with Graham Crackers	5 French Toast or Cereal Bar with Graham Crackers
8 Cherry Frudel or Cereal Bar with Graham Crackers	9 Blueberry Muffin or Cereal Bar with Graham Crackers	10 Cinni Mini or Cereal Bar with Graham Crackers	11 Chocolate Chip French Toast or Cereal Bar with Graham Crackers	12 Maple Waffles or Cereal Bar with Graham Crackers
15 WG Blueberry Donut Holes or Cereal Bar with Graham Crackers	16 Funfetti Pancakes or Cereal Bar with Graham Crackers	17 Blueberry Muffin or Cereal Bar with Graham Crackers	18 Chocolate Chip Muffin or Cereal Bar with Graham Crackers	19
22	23	24	25	26
29	30			

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.

Whole Grain, Reduced Sugar, Reduced Fat. Healthy Start!

Metz Culinary at Jenkintown

Chris Talmadge, General Manager

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Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty/Staff Breakfast	\$2.85



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