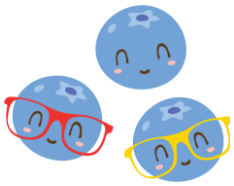
# Jenkintown School District *BREAKFAST MENU*

# November 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2 Mini Cinni Rolls | 3 NO SCHOOL | 4 Banana Bread | 5 Reduced Sugar Cereal Bowl | 6 Whole Grain Pop Tart |
| 9 WG Cereal Muffins | 10 Maple Waffle | 11 Bagel, Egg, & Cheese | 12 Yogurt with Graham Crackers | 13 French Toast |
| 16 Pumpkin Bread | 17 Toasted Bagel w/Cream Cheese | 18 Whole Grain Pancakes | 19 Pillsbury Cherry Frudel | 20 Whole Grain Chocolate Chip Muffin |
| 23 Blueberry Muffin | 24 Whole Grain Eggo Waffle | 25 NO SCHOOL | 26 NO SCHOOL | 27 NO SCHOOL |
| 30 Whole Grain Donut | | | | |

**MAKE IT A MEAL!**
Choose at least **3** of **4** meal components for the school breakfast price:
Whole Grain, Meat/Meal Alternative, Fruit/Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a breakfast.

**Breakfast Prices**
Student $X.XX
Adult $X.XX

**Available Daily**
Assorted Cereal Bars, Whole Grain Crackers

**Fruit Selection**
Apple Slices, Seasonal Fresh Fruits, Canned Fruit in Light Syrup

Students may choose up to two ½ cup servings of fruits.

**Milk Selection**
1% white, Fat-Free Chocolate

**Metz Culinary at Jenkintown**
**Chris Talmadge**
**General Manager**
**(215) 667-9319 ext. 118**
**Chris.Talmadge@metzcorp.com**

**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!**

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES