

# Dunmore High School District Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Day 1</b> Pancakes with Syrup Ham with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 2</b> Warm Bagels with Cream Cheese Sausage with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 3</b> Waffles with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 4</b> Pancake Wrap Ham with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 5</b> French Toast Sticks with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk
<b>Day 6</b> Pancakes with Syrup Ham with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 7</b> Warm Bagels with Cream Cheese Sausage with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 8</b> Waffles with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 9</b> Pancake Wrap Ham with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 10</b> French Toast Sticks with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk
<b>Day 11</b> Pancakes with Syrup Ham with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 12</b> Warm Bagels with Cream Cheese Sausage with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 13</b> Waffles with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 14</b> Pancake Wrap Ham with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 15</b> French Toast Sticks with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk
<b>Day 16</b> Pancakes with Syrup Ham with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 17</b> Warm Bagels with Cream Cheese Sausage with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 18</b> Waffles with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 19</b> Pancake Wrap Ham with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 20</b> French Toast Sticks with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk
<b>Day 21</b> Pancakes with Syrup Ham with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 22</b> Warm Bagels with Cream Cheese Sausage with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 23</b> Waffles with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 24</b> Pancake Wrap Ham with Egg and Cheese on an English Muffin Cinnamon Bun Chilled Juice or Fruit Low Fat Milk	<b>Day 25</b> French Toast Sticks with Syrup Bacon with Egg and Cheese on a Bagel Cinnamon Bun Chilled Juice or Fruit Low Fat Milk

## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

### Daily Alternate Options May Include:

- Banana or Blueberry Muffins
- Chocolate Chip Oatmeal, Banana Chocolate Chunk, or Apple Cinnamon Breakfast Bars
- Warm Grab & Go Breakfast Sandwiches
- Fortified Breakfast Pastries
- Warm Bagels
- Yogurt

Variety of Fresh Fruit, 100% Fruit Juice and



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
 Fat Free White and Low Fat White

Proud to manage your  
 food service program



Meal Prices:  
 Paid \$1.30  
 Reduced \$0.30

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE