



Methacton
School
District

August – Sept. 2022

Arcola Breakfast MENU

August 30rd – Sept. 2nd

Powering
potential.™

MON

TUES

WED

THURS

FRI

No School

Available Daily: Assorted Cereals with Graham Crackers or String cheese

No school

Available Daily: Blueberry Muffin, Chocolate Chip Muffin, Apple Cinnamon Muffin or Banana Muffin with Graham Crackers or String Cheese

Available Daily: Bagel with Cream Cheese, French Toast Benefit Bar, Oatmeal Chocolate Chip Benefit Bar, Banana Chocolate Chip Benefit Bar

Available Daily: Blueberry Parfait, Peach Parfait, Strawberry Parfait, Individual Yogurt all served with Graham Crackers

Mini French Toast

Mini Waffles

Mini Pancakes

Mini Blueberry Waffles

Egg, Sausage and Cheese on Bagel

Mini Strawberry Bagel

Breakfast Pizza

Assorted WG Donuts

Apple Frudel

Egg and Cheese Melt

Menus are subject to change.

DAILY FRUIT OFFERINGS:

Fresh Apple, Orange, Banana

Fruit Cups

100% Fruit Juice, 100% Apple Juice, 100% Orange Juice, 100% Grape Juice

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

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STUDENT
NUTRITION

This institution is an equal
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Methacton
School
District

September 2022

Arcola Breakfast MENU

5th – 10th

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MON

TUES

WED

THURS

FRI

CEREALS

Available Daily: Assorted Cereals with Graham Crackers or String cheese

MUFFINS

Available Daily: Blueberry Muffin, Chocolate Chip Muffin, Apple Cinnamon Muffin or Banana Muffin with Graham Crackers or String Cheese

BREAKFAST
BARS

Available Daily: Bagel with Cream Cheese, French Toast Benefit Bar, Oatmeal Chocolate Chip Benefit Bar, Banana Chocolate Chip Benefit Bar

YOGURTS

Available Daily: Blueberry Parfait, Peach Parfait, Strawberry Parfait, Individual Yogurt all served with Graham Crackers

ENTREE

Mini French Toast	Mini Waffles	Mini Pancakes	Mini Blueberry Waffles	Egg, Sausage and Cheese on Bagel
Mini Strawberry Bagel	Breakfast Pizza	Assorted WG Donuts	Apple Frudel	Egg and Cheese Melt

Menus are subject to change.

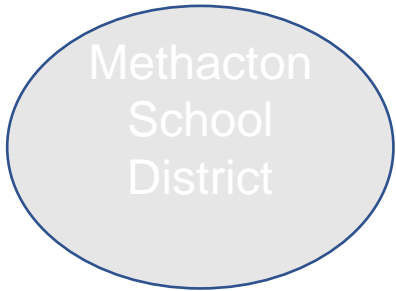
DAILY FRUIT OFFERINGS:

Fresh Apple, Orange,
Banana
Fruit Cups
100% Fruit Juice, 100%
Apple Juice, 100% Orange
Juice, 100% Grape Juice

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

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September 2022

**Arcola
Breakfast MENU**

12th – 16th

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	MON	TUES	WED	THURS	FRI
CEREALS		Available Daily: Assorted Cereals with Graham Crackers or String cheese			
MUFFINS	Available Daily: Blueberry Muffin, Chocolate Chip Muffin, Apple Cinnamon Muffin or Banana Muffin with Graham Crackers or String Cheese				
BREAKFAST BARS	Available Daily: Bagel with Cream Cheese, French Toast Benefit Bar, Oatmeal Chocolate Chip Benefit Bar, Banana Chocolate Chip Benefit Bar				
YOGURTS	Available Daily: Blueberry Parfait, Peach Parfait, Strawberry Parfait, Individual Yogurt all served with Graham Crackers				
ENTREE	Mini French Toast	Mini Waffles	Mini Pancakes	Mini Blueberry Waffles	Egg, Sausage and Cheese on Bagel
	Mini Strawberry Bagel	Breakfast Pizza	Assorted WG Donuts	Apple Frudel	Egg and Cheese Melt

Menus are subject to change.



DAILY FRUIT OFFERINGS:
Fresh Apple, Orange,
Banana
Fruit Cups
100% Fruit Juice, 100%
Apple Juice, 100% Orange
Juice, 100% Grape Juice

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk



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**Limited
Time Offer:**
Harvest
Grain
Bowl



Methacton
School
District

September 2022

Arcola Breakfast MENU

19th – 23rd

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MON

TUES

WED

THURS

FRI

CEREALS

Available Daily: Assorted Cereals with Graham Crackers or String cheese

MUFFINS

Available Daily: Blueberry Muffin, Chocolate Chip Muffin, Apple Cinnamon Muffin or Banana Muffin with Graham Crackers or String Cheese

**BREAKFAST
BARS**

Available Daily: Bagel with Cream Cheese, French Toast Benefit Bar, Oatmeal Chocolate Chip Benefit Bar, Banana Chocolate Chip Benefit Bar

YOGURTS

Available Daily: Blueberry Parfait, Peach Parfait, Strawberry Parfait, Individual Yogurt all served with Graham Crackers

ENTREE

Mini French Toast	Mini Waffles	Mini Pancakes	Mini Blueberry Waffles	Egg, Sausage and Cheese on Bagel
Mini Strawberry Bagel	Breakfast Pizza	Assorted WG Donuts	Apple Frudel	Egg and Cheese Melt

Menus are subject to change.



DAILY FRUIT OFFERINGS:
Fresh Apple, Orange,
Banana
Fruit Cups
100% Fruit Juice, 100%
Apple Juice, 100% Orange
Juice, 100% Grape Juice

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk

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Methacton
School
District

September 2022

Arcola Breakfast MENU

26th – 30th

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potential.™

MON

TUES

WED

THURS

FRI

No School

Available Daily: Assorted Cereals with Graham Crackers or String cheese

Available Daily: Blueberry Muffin, Chocolate Chip Muffin, Apple Cinnamon Muffin or Banana Muffin with Graham Crackers or String Cheese

Available Daily: Bagel with Cream Cheese, French Toast Benefit Bar, Oatmeal Chocolate Chip Benefit Bar, Banana Chocolate Chip Benefit Bar

Available Daily: Blueberry Parfait, Peach Parfait, Strawberry Parfait, Individual Yogurt all served with Graham Crackers

Mini Waffles

Mini Pancakes

Mini Blueberry Waffles

Egg, Sausage and
Cheese on Bagel
Egg and Cheese Melt

Breakfast Pizza

Assorted WG Donuts

Apple Frudel

Menus are subject to change.

DAILY FRUIT OFFERINGS:

Fresh Apple, Orange,
Banana
Fruit Cups
100% Fruit Juice, 100%
Apple Juice, 100% Orange
Juice, 100% Grape Juice

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
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