



Methacton
School
District

August – Sept. 2022

High School Breakfast MENU

August 30th – 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

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

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

High School Breakfast MENU

5th – 10th

Powering
potential.™

MON

No School

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

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

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

High School Breakfast MENU

12th – 16th

Powering
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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

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

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Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

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

High School 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

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

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Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

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Cheese Bagel
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French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

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

High School Breakfast MENU

26th – 30th

Powering
potential.™

MON

TUES

WED

THURS

FRI

No School

Available Daily: Assorted Cereals with Graham Crackers or String cheese

CEREALS

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

MUFFINS

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

**BREAKFAST
BARS**

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

YOGURTS

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

Egg Patty, Sausage and
Cheese Bagel
Egg Patty and Cheese Bagel
French Toast Sticks

ENTREE

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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