



DCG High School BREAKFAST MENU

Meal includes entree, fruit, & milk.

January
2024

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

1 MONDAY

NO SCHOOL HAPPY NEW YEAR!

4 THURSDAY

Hot Entree Breakfast Sandwich

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Pineapple (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

2 TUESDAY

Hot Entree Breakfast Pizza

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Peaches (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

5 FRIDAY

Hot Entree French Toast

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Applesauce (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

3 WEDNESDAY

Hot Entree Waffles

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Fruit Cocktail (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

EXTRA INFO

Harvest of the Month



Milk Choice of 1% White, Skim,
or Chocolate Skim is included with meal.
For questions or comments, contact Food Service Office at 515-
986-9747x4162.

Menus are subject to change without
notice. This institution is an equal
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MONDAY

Hot Entree Pancake & Sausage on Stick

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Pears (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

11

THURSDAY

Hot Entree Breakfast Sandwich

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Pineapple (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

9

TUESDAY

Hot Entree Breakfast Pizza

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Peaches (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

12

FRIDAY

Hot Entree Biscuits & Gravy

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Applesauce (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

10

WEDNESDAY

Hot Entree Waffles

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Fruit Cocktail (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

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MONDAY

NO SCHOOL

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THURSDAY

Hot Entree Breakfast Sandwich

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Pineapple (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

16

TUESDAY

Hot Entree Breakfast Pizza

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Peaches (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

19

FRIDAY

Hot Entree French Toast Sticks

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Applesauce (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

17

WEDNESDAY

Hot Entree Waffles

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Fruit Cocktail (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

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MONDAY

Hot Entree Pancake & Sausage on Stick

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Pears (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

25

THURSDAY

Hot Entree Breakfast Sandwich

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Pineapple (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

23

TUESDAY

Hot Entree Breakfast Pizza

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Peaches (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

26

FRIDAY

Hot Entree Biscuits & Gravy

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Applesauce (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

24

WEDNESDAY

Hot Entree Waffles

Grab & Go Banana Split Yogurt Parfait, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Fruit Cocktail (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

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MONDAY

Hot Entree Pancake & Sausage on Stick

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Pears (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

THURSDAY

30

TUESDAY

Hot Entree Breakfast Pizza

Grab & Go Smoothie, Brekkie, Long John, Pop-Tart, Banana Chocolate Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Canned Peaches (1/2c), 100% Apple Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

FRIDAY

31

WEDNESDAY

Hot Entree Waffles

Grab & Go Yogurt Parfait with Fruit & Granola, Brekkie, Long John, Pop-Tart, Banana-Choc Loaf, Cheese Stick

Bagels / Cereal Plain Bagel, Cream Cheese, plain, Choice of Cereal, Graham Crackers

Sides Fresh Fruit (1/2c), Fruit Cocktail (1/2c), 100% Orange Juice (1/2c)

Milk 1% Unflavored Milk, Skim Milk, Fat Free Chocolate Milk

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