



DCG High School BREAKFAST MENU

Meal includes entree, fruit, & milk.

February
2024

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MONDAY

TUESDAY

WEDNESDAY

1
THURSDAY

2
FRIDAY

EXTRA INFO

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

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



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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5
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

8
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

6
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

9
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

7
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



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12

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Hot Entree Pancake on a 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

15

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

13

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

16

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

14

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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19

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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

22

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

20

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

23

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

21

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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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

29

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

27

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

28

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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