

Breakfast Menu

October 2017

Choices available Daily:

Whole Grain Cereal Bowl

Whole Grain Cereal Bar

Yogurt Cup

100% Whole Wheat Toast

Fresh Fruit

100% Juice – Apple, Grape, or Orange
Juice

Milk – Skim White or Chocolate
1% White

Students are required to choose a minimum of 3 items (max of 4) to put on their tray. 1 item must be a fruit.



**SERVING BREAKFAST
FROM 7:35 AM TO 7:55 AM**

1 carton of milk is included with each Breakfast. Additional cartons of milk are available for \$.30 each and will be charged to your meal account.

Did you know that students who qualify for **FREE** or **REDUCED Lunch** also qualify for **FREE** or **REDUCED Breakfast?**



Monday	Tuesday	Wednesday	Thursday	Friday
2 Muffin	3 Pancake/Sausage Wrap	4 Goldfish Cracker pk	5 French Toast Sticks	6 Mini Cini
9 Goldfish Cracker pk	10 Mini Pancakes	11 Muffin	12 Egg & Cheese Breakfast Sandwich	13 Apple Granola Bar
16 Minni Cinni	17 Pancake/Sausage Wrap	18 Goldfish Cracker pk	19 Mini Pancakes	20 Muffin
23 Apple Granola Bar	24 Bacon Scramble Pizza	25 Muffin	26 Mini Pancakes	27 Vacation
30 Muffin	31 Pancake/Sausage Wrap		YOU MUST HAVE 1 SERVING OF FRUIT ON YOUR TRAY.	

“This institution is an Equal Opportunity Provider.”

Lancaster Community Schools