

# Breakfast Menu

January 2018

## 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  |
|--------------------------|-------------------------------|---------------------------|--|---|
| 1<br>Vacation            | 2<br>Pancake/Sausage<br>Wrap  | 3<br>Goldfish Cracker pk  | 4<br>French Toast Sticks                 | 5<br>Mini Cini  |
| 8<br>Goldfish Cracker pk | 9<br>Mini Pancakes            | 10<br>Muffin              | 11<br>Egg & Cheese<br>Breakfast Sandwich | 12<br>Muffin  |
| 15<br>Minni Cinni        | 16<br>Pancake/Sausage<br>Wrap | 17<br>Goldfish Cracker pk | 18<br>Mini Pancakes                      | 19<br>Muffin  |
| 22<br>Muffin             | 23<br>Bacon Scramble Pizza    | 24<br>Muffin              | 25<br>Mini Pancakes                      | 26<br>Goldfish Cracker pk                                     |
| 29<br>Muffin             | 30<br>Pancake/Sausage<br>Wrap | 31<br>Goldfish Cracker pk |  | <b>YOU MUST HAVE 1<br/>SERVING OF FRUIT<br/>ON YOUR TRAY.</b> |

“This institution is an Equal Opportunity Provider.”

Lancaster Community Schools