

Breakfast Menu

November 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 |
|--------------------------|-------------------------------|---------------------------|---|---|
| 30 Muffin | 31 Pancake/Sausage Wrap | 1 Goldfish Cracker pk | 2 Pancake/Sausage Wrap | 3 Mini Cini |
| 6 Goldfish Cracker pk | 7 Mini Pancakes | 8 Muffin | 9 Egg & Cheese Breakfast Sandwich | 10 Conferences am/ Vacation pm |
| 13 Minni Cinni | 14 Pancake/Sausage Wrap | 15 Goldfish Cracker pk | 16 Mini Pancakes | 17 Muffin |
| 20 Apple Granola Bar | 21 Bacon Scramble Pizza | 22 Muffin | 23 Thanksgiving | 24 Vacation |
| 27 Minni Cinni | 28 Pancake/Sausage Wrap | 29 Goldfish Cracker pk | 30 Mini Pancakes | YOU MUST HAVE 1 SERVING OF FRUIT ON YOUR TRAY. |

“This institution is an Equal Opportunity Provider.”

Lancaster Community Schools