

Breakfast Menu

September 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 |
|---------------------------|-------------------------------|---------------------------|---|---------------------------|
| 4 Labor Day | 5 Pancake/Sausage Wrap | 6 Goldfish Cracker pk | 7 Pancake/Sausage Wrap | 8 Mini Cini |
| 11 Goldfish Cracker pk | 12 Mini Pancakes | 13 Muffin | 14 Egg & Cheese Breakfast Sandwich | 15 Apple Granola Bar |
| 18 Minni Cinni | 19 Pancake/Sausage Wrap | 20 Goldfish Cracker pk | 21 Mini Pancakes | 22 Muffin |
| 25 Apple Granola Bar | 26 Bacon Scramble Pizza | 27 Muffin | 28 Mini Pancakes | 29 Goldfish Cracker pk |
| | | | You must have 1 serving of fruit on your tray. | |

“This institution is an Equal Opportunity Provider.”

Lancaster Community Schools