

# Breakfast Menu

December 2018

## Choices available Daily:

Whole Grain Cereal Bowl

Whole Grain Cereal Bar

100% Whole Wheat Toast

Fresh Fruit

100% Juice – Apple, Grape, or Orange  
Juice

Milk – Skim White, Chocolate,  
or 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 or juice 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
3 Muffin	4 Pancake/Sausage Wrap	5 Yogurt Cup (K-5) Frosted Donut (6-12)	6 French Toast Sticks	7 Mini Cinni (K-5) Frost Cinn Roll (6-12)
10 Goldfish Cracker pk	11 Mini Bagel	12 Muffin (K-5) Frosted Donut (6-12)	13 Egg & Cheese Breakfast Sandwich	14 Yogurt Cup (K-5) Frost Cinn Roll (6-12)
17 Muffin	18 Pancake/Sausage Wrap	19 Yogurt Cup (K-1) Frosted Donut (6-12)	20 Mini Pancakes	21 Muffin (K-5) Frost Cinn Roll (6-12)
24 Vacation	25 Christmas	26 Vacation	27 Vacation	28 Vacation
31 Vacation	1 New Year's			<b>YOU MUST HAVE 1 SERVING OF FRUIT ON YOUR TRAY.</b>

"This institution is an Equal Opportunity Provider."

Lancaster Community Schools