

# Breakfast Menu

January 2019

## 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
	1 New Year's Day	2 Yogurt Cup (K-5) Frosted Donut (6-12)	3 French Toast Sticks	4 Mini Cinni (K-5) Frost Cinn Roll (6-12)
7 Goldfish Cracker pk	8 Mini Bagel	9 Muffin (K-5) Frosted Donut (6-12)	10 Egg & Cheese Breakfast Sandwich	11 Yogurt Cup (K-5) Frost Cinn Roll (6-12)
14 Muffin	15 Pancake/Sausage Wrap	16 Yogurt Cup (K-5) Frosted Donut (6-12)	17 Mini Pancakes	18 Muffin (K-5) Frost Cinn Roll (6-12)
21 Yogurt Cup	22 Bacon Scramble Pizza	23 Muffin (K-5) Frosted Donut (6-12)	24 Mini Bagel	25 Goldfish pk (K-5) Frost Cinn Roll (6-12)
28 Goldfish Cracker pk	29 Pancake/Sausage Wrap	30 Muffin (K-5) Frosted Donut (6-12)	31 Egg & Cheese Breakfast Sandwich	1 Yogurt Cup (K-5) Frost Cinn Roll (6-12)

**YOU MUST HAVE 1  
SERVING OF FRUIT  
ON YOUR TRAY.**

"This institution is an Equal Opportunity Provider."

Lancaster Community Schools