

SEPTEMBER 2022

LSC/FRES/WLC

BREAKFAST



Meal Prices

Student Breakfast: \$1.75
Student Reduced Breakfast: \$.30
Milk or Juice \$.50 Adult \$ 2.00



All of our School meals are all prepared fresh daily and include fresh fruits and vegetables sourced from local farms. We also offer a variety of 100% fruit juice & high quality Hood 1% & fat free flavored milk. USDA is an equal opportunity provider & employer

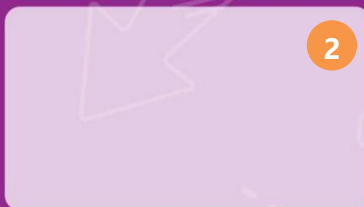
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day 5

Breakfast Choices 6
Maple Pancakes
Assorted Cereal
Assorted Breakfast Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 7
WG French Toast Sticks
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 8
Whole Grain Bagel
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 9
Whole Grain Donut
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 12
WG Cinnamon Roll
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 13
Maple Pancakes
Assorted Cereal
Assorted Breakfast Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 14
WG French Toast Sticks
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 15
Whole Grain Bagel
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 16
Whole Grain Donut
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 19
WG Cinnamon Roll
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 20
Maple Pancakes
Assorted Cereal
Assorted Breakfast Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 21
WG French Toast Sticks
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 22
Whole Grain Bagel
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 23
Whole Grain Donut
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 26
WG Cinnamon Roll
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 27
Maple Pancakes
Assorted Cereal
Assorted Breakfast Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 28
WG French Toast Sticks
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 29
Whole Grain Bagel
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit

Breakfast Choices 30
Whole Grain Donut
Assorted Cereal
Assorted Cereal Bar
Assorted Hot Cereal
Yogurt & Granola
Assorted Fresh Fruit