



ELEMENTARY BREAKFAST MENU

OCTOBER 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Farm Fresh Focus:

Emphasizing Fresh and/or Local ingredients

4 French Toast Sticks w/ Powdered Sugar ^V

Various Cereals ^V
String Cheese

Mixed Fruit
Raisins
Strawberry Milk Day

5 **Chicken Sausage, Egg, Cheese Breakfast Taco**

Various Cereals ^V
Strawberry Banana Yogurt

Mandarin Oranges
Apple Juice

6 Waffles ^V
Chocolate Chips

Various Cereals ^V
String Cheese

Cantaloupe
Fruit juice

7 Strawberry Yogurt Parfait ^V
Cinnamon Toast

Various Cereals ^V
Strawberry Banana Yogurt

Pears
Grapes

8 Confetti Mini Pancakes ^V

Various Cereals ^V
String Cheese

Cinnamon Apple Sauce
Orange Juice

11 **No School**

12 Chocolate Crescent

Various Cereals ^V
Strawberry Banana Yogurt

Orange
Apple Juice

13 Vanilla Glazed Donut ^V

Various Cereals ^V
Colby Jack Cheese Stick

Watermelon
Raisins

14 Egg, Bacon, Cheddar Flatbread Sandwich ^P

Various Cereals ^V
Strawberry Banana Yogurt

Cinnamon Applesauce
Peaches

15 **Broccoli Mushroom Strata** ^V
w/ Cinnamon Toast

Various Cereals ^V
Colby Jack Cheese Stick

Banana
Orange Juice
National Mushroom Day

18 Cherry Frudel ^V

Various Cereals ^V
String Cheese

Apple
Peaches

19 Cinnamon Roll w/ Orange Glaze ^V

Various Cereals ^V
Strawberry Banana Yogurt

Raisins
Pear

20 Breakfast Pizza

Various Cereals ^V
String Cheese

Mandarin Oranges
Fruit Juice

21 Blueberry Muffin ^V
Strawberry Banana Yogurt

Various Cereals ^V
Strawberry Banana Yogurt

Pineapples
Grapes

22 Strawberry Pop Tart ^V
String Cheese

Various Cereals ^V
String Cheese

Cantaloupe
Banana

25 Cinnamon Roll ^V

Various Cereals ^V
String Cheese

Diced Peaches
Fruit Juice

26 Egg & Cheese Bagel ^V

Various Cereals ^V
Strawberry Banana Yogurt

Mixed Fruit
Peaches

27 Pumpkin Maple Spice Donut ^V

Various Cereals ^V
String Cheese

Pear
Fruit Juice

28 Chocolate Chip Muffin ^V
Strawberry Banana Yogurt

Various Cereals ^V
Strawberry Banana Yogurt

Orange
Cinnamon Applesauce

29 Zombie Cheese Omelet
Bacon ^P

Creepy Cereals ^V
Slinky String Cheese

Boo Bananas
Bobbin' Apple Juice
Happy Halloween

Student Breakfast - \$1.25 *unless eligible for free/reduced meal program

Adult Breakfast - \$2.40

- Fresh fruits and vegetables served daily.
- ^V Denotes vegetarian item
- ^P Denotes pork item
- All meals offered with a choice of fruit and choice of milk (1% white and skim chocolate)
- *Menu subject to change

STAY UP TO DATE

@LISDChildNutrition

@LISDNutrition

LISD Child Nutrition

LISD.nutrislice.com