



# Middle School Breakfast Menu

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Powdered Sugar French Toast Sticks	<b>2</b> Ham & Cheese Frittata Toast	<b>3</b> Chocolate Glazed Donut	<b>4</b> Cheesy Scrambled Eggs Biscuit
<b>7</b> Scrambled Eggs Hash Browns Toast	<b>8</b> Pancakes	<b>9</b> Egg & Cheese Melt	<b>10</b> Waffles	<b>11</b> Bacon, Egg & Cheese Bagel Sandwich
<b>14</b> <i>No School</i>	<b>15</b> French Toast Sticks	<b>16</b> Chicken Biscuit	<b>17</b> Cinnamon Roll	<b>18</b> Sausage & Egg Bagel Sandwich
<b>21</b> Breakfast Pizza	<b>22</b> Pancakes	<b>23</b> Sausage & Cheese Frittata Toast	<b>24</b> <b>Manager's Choice Donut of the Month</b>	<b>25</b> Cheesy Scrambled Eggs Biscuit
<b>28</b> Scrambled Eggs Hash Browns Toast	<b>29</b> French Toast Sticks	<b>30</b> Bacon & Egg Biscuit Sandwich	<b>31</b> Waffles	

STAY UP TO DATE

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[lisd.nutritionice.com](http://lisd.nutritionice.com)

## Offered Daily:

Choice of Cereal with Toast, Breakfast Bento Boxes

Denotes vegetarian item

Denotes pork item

All meals offered with choice of fruit and choice of milk (1% white and skim chocolate)

\*Menu subject to change

