



# SIMPLY GOOD

## Lyme Consolidated ES: April 2019 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	2 Cinni Mini Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	3 Mini Waffles Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	4 Cherry Frudal Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	5 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
8 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	9 Cinni Mini Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	10 Mini Pancakes Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	11 Cherry Frudal Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	12 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
15	16	17	18	19
<b>HAVE</b>	<b>A</b>	<b>GREAT</b>	<b>SPRING</b>	<b>BREAK!</b>
22 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	23 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	24 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	25 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	26 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
29 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt  Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	30 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	<b>Start the Day Right</b>	<b>With a Healthy, Nutritious,</b>	<b>And Delicious Breakfast!</b>

A Full Student Breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. Full Paid \$2.50, Reduced \$0.30. Applications for Free and Reduced Meals are available at the Main Office of each school and on the District website. This Employer is an Equal Opportunity Provider.



**Food Focus: Yogurt!**

**Start the Day Right with a Healthy, Nutritious, and Delicious Breakfast!**