Lyme Consolidated ES: Feb 2019 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
28 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	29 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	30 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	31 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	1 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
4 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	5 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	6 Mini Waffles Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	7 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	8 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
11 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	12 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	13 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	14 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	15 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
18 **WINTER BREAK**	19 **WINTER BREAK**	20 **WINTER BREAK**	21 **WINTER BREAK**	22 **WINTER BREAK**
25 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	26 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	27 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	28 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	1 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit

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.

Vegetarian Locally Grown

Food Focus : Sweet Potatoes!

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