



SIMPLY GOOD

Lyme Consolidated ES: Jan 2019 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31 WELCOME 2019	1 HAPPY NEW YEAR!	2 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	3 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	4 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
7 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	8 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	9 Mini Waffles Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	10 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	11 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
14 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	15 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	16 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	17 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	18 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
21 NO SCHOOL MARTIN LUTHER KING DAY	22 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	23 Mini Waffles Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	24 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	25 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
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

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 : **Citrus!**

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