



## Lyme Old Lyme HS: Mar 2019 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b> Egg and Cheese Breakfast Burrito Assorted Cereal w/ String Cheese Yogurt &amp; Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>5</b> Scrambled Eggs and Hash Browns Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>6</b> Biscuit, Egg and Cheese Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>7</b> Pancakes Assorted Cereal w/String Cheese Yogurt &amp; Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>8</b> Bagel, Egg and Cheese Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>
<p><b>11</b> Egg and Cheese Breakfast Burrito Assorted Cereal w/ String Cheese Yogurt &amp; Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>12</b> Scrambled Eggs and Hash Browns Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>13</b> Biscuit, Egg and Cheese Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>14</b> Pancakes Assorted Cereal w/String Cheese Yogurt &amp; Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>15</b> Bagel, Egg and Cheese Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>
<p><b>18</b> Egg and Cheese Breakfast Burrito Assorted Cereal w/ String Cheese Yogurt &amp; Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>19</b> Scrambled Eggs and Hash Browns Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>20</b> Biscuit, Egg and Cheese Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>21</b> Pancakes Assorted Cereal w/String Cheese Yogurt &amp; Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>22</b> Bagel, Egg and Cheese Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>
<p><b>25</b> Egg and Cheese Breakfast Burrito Assorted Cereal w/ String Cheese Yogurt &amp; Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>26</b> Scrambled Eggs and Hash Browns Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>27</b> Biscuit, Egg and Cheese Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>28</b> Pancakes Assorted Cereal w/String Cheese Yogurt &amp; Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>	<p><b>29</b> Bagel, Egg and Cheese Assorted Cereal w/String Cheese Yogurt and Granola Assorted Fruit Juice, Chilled and Whole Fruit</p>
<b><i>Start the Day Right</i></b>	<b><i>With a Healthy,</i></b>	<b><i>Nutritious,</i></b>	<b><i>And Delicious</i></b>	<b><i>Breakfast!</i></b>

A Full Student Breakfast includes a choice of entree supplying grain and/or protein, fruit side dishes and choice of milk. Milk choices include 1% white and fat free chocolate. Full Paid \$3.00, Reduced \$0.30. Adults \$3.75. 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.

***All Hot Breakfasts come with a choice of Sausage, Bacon, or Cheese***

**Food Focus: Whole Grains!**