



MIDDLE SCHOOL BREAKFAST

Menus for
2017-2018

LYNCHBURG CITY SCHOOLS

This institution is an equal opportunity provider.



**Eat to Learn
Learn to Eat**

SCHOOL BREAKFAST PROGRAM

MONDAY

BREAKFAST ENTRÉE

(CHOOSE 1)

Sausage Biscuit
Kellogg's Mini Pancakes
Kellogg's Pop Tart & Yogurt
Assorted Cold Cereals
w/Grahams

FRUIT

(CHOOSE 2)

1/2 Cup Chilled Fruit
Fresh Whole Fruit
4 fl oz Fruit Juice

MILK

(CHOOSE 1)

8 fl oz Fat Free White Milk
8 fl oz 1% White Milk

TUESDAY

BREAKFAST ENTRÉE

(CHOOSE 1)

Breakfast Pizza
Pillsbury Mini Cinnis
Fruit & Yogurt Parfait w/
Cinnamon Bitz
Assorted Cold Cereals
w/Grahams

FRUIT

(CHOOSE 2)

1/2 Cup Chilled Fruit
Fresh Whole Fruit
4 fl oz Fruit Juice

MILK

(CHOOSE 1)

8 fl oz Fat Free White Milk
8 fl oz 1% White Milk

WEDNESDAY

BREAKFAST ENTRÉE

(CHOOSE 1)

Breakfast Chicken Slider
Apple Breakfast Bites
Kellogg's Pop Tart & Yogurt
Assorted Cold Cereals
w/Grahams

FRUIT

(CHOOSE 2)

1/2 Cup Chilled Fruit
Fresh Whole Fruit
4 fl oz Fruit Juice

MILK

(CHOOSE 1)

8 fl oz Fat Free White Milk
8 fl oz 1% White Milk

THURSDAY

BREAKFAST ENTRÉE

(CHOOSE 1)

Breakfast Pizza
Blueberry Crumb Cake
Fruit & Yogurt Parfait w/
Cinnamon Bitz
Assorted Cold Cereals
w/Grahams

FRUIT

(CHOOSE 2)

1/2 Cup Chilled Fruit
Fresh Whole Fruit
4 fl oz Fruit Juice

MILK

(CHOOSE 1)

8 fl oz Fat Free White Milk
8 fl oz 1% White Milk

FRIDAY

BREAKFAST ENTRÉE

(CHOOSE 1)

Bacon, Egg & Cheese Slider
Pillsbury Frudel
Kellogg's Pop Tart & Yogurt
Assorted Cold Cereals
w/Grahams

FRUIT

(CHOOSE 2)

1/2 Cup Chilled Fruit
Fresh Whole Fruit
4 fl oz Fruit Juice

MILK

(CHOOSE 1)

8 fl oz Fat Free White Milk
8 fl oz 1% White Milk