

Elementary School Breakfast

Menus for 2018-2019

LYNCHBURG CITY SCHOOLS

This institution is an equal opportunity provider.



Eat to Learn Learn to Eat

SCHOOL BREAKFAST PROGRAM

MENU 1

ENTRÉE

Assorted Cold Cereals
with Graham Crackers

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

MENU 2

ENTRÉE

Mini Apple Fritter
Bites

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

MENU 3

ENTRÉE

Kellogg's Mini
Pancakes

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

MENU 4

ENTRÉE

Assorted Cold Cereals
with String Cheese

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

MENU 5

ENTRÉE

Nutri-Grain Bar
& Fruit Yogurt

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

take time for
school
BREAKFAST



MENU 6

ENTRÉE

Assorted Cold Cereals
with Graham Crackers

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

MENU 7

ENTRÉE

Muffin & Fruit Yogurt

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

MENU 8

ENTRÉE

Pillsbury Mini Cinnis

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

MENU 9

ENTRÉE

Kellogg's WG Pop-Tart
& String Cheese

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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

MENU 10

ENTRÉE

Assorted Cold Cereals
with Graham Crackers

FRUIT

(CHOOSE 1 or 2)
1/2 Cup Fruit
4 fl oz Fruit Juice

MILK

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



I  SCHOOL BREAKFAST