



HIGH SCHOOL BREAKFAST

Menus for 2018-2019

LYNCHBURG CITY SCHOOLS

This institution is an equal opportunity provider.

BreakfastFirst



Healthy Food for Hungry Minds

MONDAY

BREAKFAST ENTRÉE

(CHOOSE 1)

Sausage Biscuit

Mini Donuts—6 Pack

Nutri-Grain Bar & Yogurt

Pop Tarts—2 Pack

Assorted Cereals—Take 2

FRUIT

(CHOOSE 1 or 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)

Bacon, Egg & Cheese Biscuit

Kellogg's Mini Pancakes

Nutri-Grain Bar & Yogurt

Pop Tarts—2 Pack

Assorted Cereals—Take 2

FRUIT

(CHOOSE 1 or 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)

Chicken Biscuit

French Toast Bites

Nutri-Grain Bar & Yogurt

Pop Tarts—2 Pack

Assorted Cereals—Take 2

FRUIT

(CHOOSE 1 or 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)

Sausage Biscuit

Honey Bun

Nutri-Grain Bar & Yogurt

Pop Tarts—2 Pack

Assorted Cereals—Take 2

FRUIT

(CHOOSE 1 or 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)

Chicken Biscuit

Mini Donuts—6 Pack

Nutri-Grain Bar & Yogurt

Pop Tarts—2 Pack

Assorted Cereals—Take 2

FRUIT

(CHOOSE 1 or 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