

Pre-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

Cheerios or
Cinnamon Toast Crunch
Cereal

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

Juicy Orange Slices

MILK

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

MENU 3

ENTRÉE

Kellogg's Mini
Pancakes

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

Cheerios or
Cinnamon Toast Crunch
Cereal

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

Applesauce

MILK

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

MENU 6

ENTRÉE

Cheerios or
Cinnamon Toast Crunch
Cereal

FRUIT

1/2 Banana

MILK

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

MENU 7

ENTRÉE

Banana or Blueberry
Muffin

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 2)

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 W& Pop-Tart

FRUIT

(CHOOSE 2)

Applesauce

MILK

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

MENU 10

ENTRÉE

Cheerios or
Cinnamon Toast Crunch
Cereal

FRUIT

4 fl oz Fruit Juice

MILK

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

