

# what's for breakfast?

## Lakeland School District Elementary January Breakfast Menu

*This institution is an equal opportunity provider.*

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Locally Grown</b>  <b>Vegetarian</b> <b>We support Local Farmers!</b>		<b>No School</b> <b>New Years Day</b>	<b>No School</b> <b>Christmas Break</b>	<b>No School</b> <b>Christmas Break</b>
<b>Whole Grain Frosted Pop-Tart</b> String Cheese <b>Assorted Cereal</b> String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Breakfast Pizza</b> <b>Assorted Cereal</b> Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Whole Grain French Toast Sticks w/Maple Syrup</b> <b>Assorted Cereal</b> String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Chicken Biscuit Sandwich</b> <b>Assorted Cereal</b> Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Baked Cinnamon Roll</b> <b>Assorted Cereal</b> Strawberry Banana Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice
<b>Fruit Smoothie</b> Whole Grain Muffin <b>Assorted Cereal</b> Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Pancake on a Stick w/Maple Syrup</b> <b>Assorted Cereal</b> Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Whole Grain Frosted Pop-Tart</b> String Cheese <b>Assorted Cereal</b> String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Whole Grain Waffle w/Maple Syrup</b> <b>Scrambled Eggs</b> <b>Assorted Cereal</b> Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Biscuits &amp; Gravy</b> <b>Assorted Cereal</b> Strawberry Banana Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice
<b>No School</b> <b>Martin Luther King Day</b>	<b>Breakfast Pizza</b> <b>Assorted Cereal</b> Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Whole Grain French Toast Sticks w/Maple Syrup</b> <b>Assorted Cereal</b> String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Chicken Biscuit Sandwich</b> <b>Assorted Cereal</b> Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>No School</b> <b>Professional Day</b>
 <b>Fruit Smoothie</b> Whole Grain Muffin <b>Assorted Cereal</b> Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Pancake on a Stick w/Maple Syrup</b> <b>Assorted Cereal</b> Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Whole Grain Frosted Pop-Tart</b> String Cheese <b>Assorted Cereal</b> String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Whole Grain Waffle w/Maple Syrup</b> <b>Scrambled Eggs</b> <b>Assorted Cereal</b> Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice	<b>Biscuits &amp; Gravy</b> <b>Assorted Cereal</b> Strawberry Banana Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. Paid Student \$1.50. Reduced \$0.30. Adult \$2.25