

December 2018 Breakfast Menu

Lincoln Elementary School

All Breakfast Entrees are Whole Grain

Be a Rising Star with a Healthy School Breakfast

Breakfast is one of the most important meals of the day and is proven to contribute toward improved academic performance.

School Breakfast is Fuel for Learning!



<p>Cinnamon Apple Breakfast Bar 3</p>  <p>Applesauce</p>	<p>Great Earth Cinnamon Roll 4</p>  <p>Fresh Apple Slices Strawberry Craisins</p>	<p>Yogurt with Sunrise Bites 5</p>  <p>Fresh Banana 100% Fruit Juice</p>	<p>Breakfast Cereal with Grahams 6</p>  <p>Fresh Apple Raisins</p>	<p>Blueberry Bagel with Cream Cheese 7</p>  <p>Strawberry Applesauce Blueberry Craisins</p>
<p>Cinnamon Apple Breakfast Bar 10</p>  <p>Applesauce</p>	<p>Muffin Top 11</p>  <p>Fresh Apple Slices Strawberry Craisins</p>	<p>Yogurt with Sunrise Bites 12</p>  <p>Fresh Banana 100% Fruit Juice</p>	<p>Breakfast Cereal with Grahams 13</p>  <p>Fresh Apple Raisins</p>	<p>Coffee Cake with Cinnamon Crumbles 14</p>  <p>Strawberry Applesauce Blueberry Craisins</p>
<p>Cinnamon Apple Breakfast Bar 17</p>  <p>Applesauce</p>	<p>Great Earth Cinnamon Roll 18</p>  <p>Fresh Apple Slices Strawberry Craisins</p>	<p>Yogurt with Sunrise Bites 19</p>  <p>Fresh Banana 100% Fruit Juice</p>	<p>Breakfast Cereal with Grahams 20</p>  <p>Fresh Apple Raisins</p>	<p>Blueberry Bagel with Cream Cheese 21</p>  <p>Strawberry Applesauce Blueberry Craisins</p>
<p>No School 24</p>	<p>MERRY Christmas 25</p> 	<p>No School 26</p>	<p>No School 27</p>	<p>No School 28</p>
<p>No School 30</p>	<p>No School 31</p>	<p>HAPPY NEW 2019 YEAR</p> 		

Menu is subject to change. Notice will be given if possible.

Breakfast includes:

MILK

1% Low Fat White Milk **OR** Non Fat White Milk

Lincoln Elementary School

All Lunch Entrees are Whole Grain

Our delicious meals provide essential vitamins and nutrients necessary for both learning and play time.

Our meals meet USDA required standards in fats, sugars and sodium, and provide servings of a variety of healthy fruits and vegetables.

The meals we serve are made in one of our school kitchens.

Please go to our website www.vallejostudentnutrition.com to see how.

Lunch Includes:

VEGETABLES Choose 1 or 2

- Daily: Fresh Veggie Cup
Tossed Green Salad w/Dressing
- Monday: Black Bean & Corn Salsa
- Tuesday: Fresh Baby Carrots
Taco Pack or Pickle Pack
- Wednesday: Fresh Celery Sticks
- Thursday: Fresh Baby Carrots
- Friday: Black Bean & Corn Salsa

FRUIT Choose 1

- Fresh Fruit (Seasonal) Applesauce Cup
- Fruit Cup Raisins
- Also offered on Tuesdays/Thursdays:
100% Fruit Juice

MILK Choose 1

- 1% Low Fat White Milk **OR**
- Non Fat Chocolate Milk

December 2018 Lunch Menu

<p>Grilled Cheese Sandwich 3</p>  <p>OR</p> <p>Chicken Corn Dog</p>	<p>TACO TUESDAY 4</p>  <p>Beef & Cheese Taco</p> <p>OR</p> <p>Chicken & Cheese Taco</p>	<p>Tony's Galaxy Pepperoni Pizza 5</p>  <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>Garlic French Bread with Marinara Dipping Sauce 6</p> <p>OR</p> <p>Teriyaki Chicken Bowl with <i>Fortune Cookie</i></p> 	<p>National Brownie Day 7</p>  <p>Walking Nachos</p>
<p>WILD MIKE'S ULTIMATE PIZZA 10</p> <p>Cheese Pizza Wedge</p> <p>OR</p> <p>Max Sticks with Marinara Dipping Sauce</p>	<p>Build-a-Burger Day 11</p> <p>Your choice of: Hamburger OR Cheeseburger</p> <p>Topping Choices: Pickles, Lettuce, Tomato</p>	<p>Tony's Galaxy Pepperoni Pizza 12</p>  <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>Treat Thursday 13</p> <p>FRUIT ROLL UP</p> <p>Spaghetti with Turkey Meatsauce</p> <p>OR</p> <p>Chicken Alfredo</p>	<p>Beef Border Bowl with Tostitos Scoops 14</p>  <p>OR </p> <p>Arizona Gold Bean & Cheese Burrito</p>
<p>Grilled Cheese Sandwich 17</p>  <p>OR</p> <p>Chicken Corn Dog</p>	<p>TACO TUESDAY 18</p>  <p>Beef & Cheese Taco</p> <p>OR</p> <p>Chicken & Cheese Taco</p>	<p>Tony's Galaxy Pepperoni Pizza 19</p>  <p>Pepperoni is a Beef/Turkey Blend - No Pork -</p>	<p>December Birthday Celebration Day 20</p> <p>Birthday Cake Cookies</p> <p>Teriyaki Chicken Bowl</p> <p>OR</p> <p>Garlic French Bread with Marinara Dipping Sauce</p>	<p>Walking Nachos 21</p> 
<p>No School 24</p>	<p>MERRY Christmas 25</p> 	<p>No School 26</p>	<p>No School 27</p>	<p>No School 28</p>
<p>No School 30</p>	<p>No School 31</p>	<p>HAPPY NEW 2019 YEAR</p> 		

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Daily Additional Entrée Choices:

- Peanut Butter & Jelly Sandwich ■ Sun Butter Cup with Grahams ■ Turkey & Cheese **OR** Turkey-Ham & Cheese Sandwich
- Also available on Fridays: Colby Jack Cheese Sticks with Crackers