

# Breakfast Menu - May 2019

## 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!**



		<b>Yogurt with Sunrise Bites</b> <sup>1</sup>  Fresh Banana 100% Fruit Juice	<b>Breakfast Cereal with Grahams</b> <sup>2</sup>  Fresh Apple	<b>Blueberry Bagel with Cream Cheese</b> <sup>3</sup>  Strawberry Applesauce 100% Fruit Juice
<b>Breakfast Cereal with Grahams</b> <sup>6</sup>  Applesauce Cup Raisins	<b>Great Earth Cinnamon Roll</b> <sup>7</sup>  Craisins Fresh Apple Slices	<b>Yogurt with Sunrise Bites</b> <sup>8</sup>  Fresh Banana 100% Fruit Juice	<b>Breakfast Cereal with Grahams</b> <sup>9</sup>  Fresh Apple	<b>Coffee Cake with Cinnamon Crumbles</b> <sup>10</sup>  Strawberry Applesauce 100% Fruit Juice
<b>Breakfast Cereal with Grahams</b> <sup>13</sup>  Applesauce Cup Raisins	<b>Pop Tart</b> <sup>14</sup>  Craisins Fresh Apple Slices	<b>Yogurt with Sunrise Bites</b> <sup>15</sup>  Fresh Banana 100% Fruit Juice	<b>Breakfast Cereal with Grahams</b> <sup>16</sup>  Fresh Apple	<b>Blueberry Bagel with Cream Cheese</b> <sup>17</sup>  Strawberry Applesauce 100% Fruit Juice
<b>Breakfast Cereal with Grahams</b> <sup>20</sup>  Applesauce Cup Raisins	<b>Great Earth Cinnamon Roll</b> <sup>21</sup>  Craisins Fresh Apple Slices	<b>Yogurt with Sunrise Bites</b> <sup>22</sup>  Fresh Banana 100% Fruit Juice	<b>Breakfast Cereal with Grahams</b> <sup>23</sup>  Fresh Apple	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>NON-STUDENT DAY</b> </div>
<b>HOLIDAY memorial DAY</b> <sup>27</sup> 	<b>Pop Tart</b> <sup>28</sup>  Craisins Fresh Apple Slices	<b>Yogurt with Sunrise Bites</b> <sup>29</sup>  Fresh Banana 100% Fruit Juice	<b>Breakfast Cereal with Grahams</b> <sup>30</sup>  Fresh Apple	<b>Blueberry Bagel with Cream Cheese</b> <sup>31</sup>  Strawberry Applesauce 100% Fruit Juice

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

**Breakfast includes:**

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