

# Lincoln Elementary Breakfast Menu - January 2020



## Breakfast includes


### ENTRÉE (2 Stars)

★ **PROTEIN** & ★ **GRAINS**

★★ **FRUIT** (2 Stars)

★ **MILK** (1 Star)

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

 **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.


















Happy Birthday



Dr. King!

"I have decided to stick with love. Hate is too great a burden to bear."  
- Dr. Martin Luther King Jr.



		1	2	3
			<b>NO SCHOOL</b> WINTER BREAK	<b>NO SCHOOL</b> WINTER BREAK
6	7	8	9	10
Pop Tart  Applesauce Cup Raisins	Muffin Top  Fresh Apple Slices Craisins	Yogurt with Honey Grahams  Fresh Banana 100% Fruit Juice	Blueberry Bagel with Cream Cheese  Fresh Apple	Breakfast Cereal with Grahams  Strawberry Applesauce 100% Fruit Juice
13	14	15	16	17
Great Earth Cinnamon Roll  Applesauce Cup Raisins	Breakfast Cereal with Grahams  Craisins Fresh Apple Slices	Yogurt with Honey Grahams  Fresh Banana 100% Fruit Juice	Cinnamon Raisin Bagel with Cream Cheese  Fresh Apple	Coffee Cake with Cinnamon Crumbles  Strawberry Applesauce 100% Fruit Juice
20	21	22	23	24
	Pop Tart  Applesauce Cup Raisins	Yogurt with Honey Grahams  Fresh Banana 100% Fruit Juice	Blueberry Bagel with Cream Cheese  Fresh Apple	Breakfast Cereal with Grahams  Strawberry Applesauce 100% Fruit Juice
27	28	29	30	31
Great Earth Cinnamon Roll  Applesauce Cup Raisins	Breakfast Cereal with Grahams  Craisins Fresh Apple Slices	Yogurt with Honey Grahams  Fresh Banana 100% Fruit Juice	Cinnamon Raisin Bagel with Cream Cheese  Fresh Apple	Coffee Cake with Cinnamon Crumbles  Strawberry Applesauce 100% Fruit Juice

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