

fresh

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Lakeland School District Elementary Breakfast Menu, February 2019

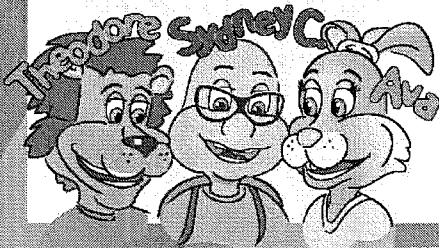
Student \$1.50 • Student Reduced \$0.30 • Adult \$2.25

Student breakfast includes a choice of entrée, a minimum of one fruit side dish, and choice of milk

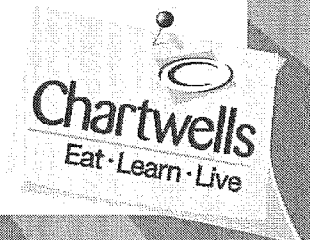
All meals are offered with 1% white or non-fat chocolate milk

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BISCUITS & GRAVY -OR- CEREAL & YOGURT Fruit, Juice Assorted Milk
4 WHOLE GRAIN STRAWBERRY POP TART & YOGURT -OR- CEREAL CHOICE & YOGURT Fruit, Juice Assorted Milk	5 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & MUFFIN Fruit, Juice Assorted Milk	6 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	7 PANCAKES W/ MAPLE SYRUP -OR- CEREAL & TOAST Fruit, Juice Assorted Milk	8 CINNAMON ROLL & YOGURT -OR- CEREAL CHOICE & YOGURT Fruit, Juice Assorted Milk
11 FRUIT SMOOTHIE W/ WHOLE GRAIN MUFFIN -OR- CEREAL CHOICE & WHOLE GRAIN MUFFIN Fruit, Juice Assorted Milk	12 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & TOAST Fruit, Juice Assorted Milk	13 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	14 FRENCH TOAST STICKS W/ MAPLE SYRUP -OR- CEREAL & TOAST Fruit, Juice Assorted Milk	15 BISCUITS & GRAVY -OR- CEREAL & YOGURT Fruit, Juice Assorted Milk
18 No School Presidents day	19 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & MUFFIN Fruit, Juice Assorted Milk	20 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	21 WAFFLES -OR- CEREAL CHOICE & TOAST Fruit, Juice Assorted Milk	22 CINNAMON ROLL & YOGURT -OR- CEREAL CHOICE & YOGURT Fruit, Juice Assorted Milk
25 BREAKFAST TACO -OR- CEREAL CHOICE & TOAST Fruit, Juice Assorted Milk	26 PANCAKE ON A STICK W/ MAPLE SYRUP -OR- CEREAL CHOICE & MUFFIN Fruit, Juice Assorted Milk	27 BREAKFAST PIZZA -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	28 FRENCH TOAST STICKS W/ MAPLE SYRUP -OR- CEREAL & TOAST Fruit, Juice Assorted Milk	

Make the
Grade
with SCHOOL BREAKFAST

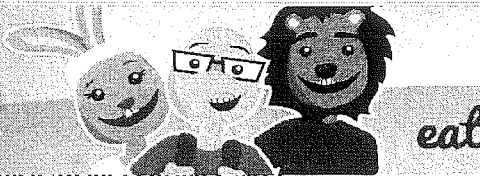


This Institution is an equal
opportunity provider.



www.eatlearnlive.com

KID'S STOP Cafe



eat . learn. live.

Student Lunch \$2.70 ** Reduced Price \$0.40 ** Adult \$4.00

A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and 1% white and skim chocolate. A **cold vegetable and fruit bar is available daily** on which we feature a variety of vegetables and fruits when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as choices. We also offer at least one hot vegetable daily on our serving line.

fish, and milk. Milk choices include locally grown fruits including locally grown as well as beans and other additional

All of our offerings contain zero grams of artificial trans fat.

Monday	Tuesday	Wednesday	Thursday	Friday
				1-Feb
				Turkey & Cheese Stromboli Seasoned Corn Fruit and Vegetable Bar Assorted Milk
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
Sloppy Joe Seasoned Wedges Fruit and Vegetable Bar Assorted Milk	Pancakes! Pancakes w/Maple Syrup Scrambled Eggs & Sausage Patty Fruit and Vegetable Bar Assorted Milk	Chicken Alfredo Garlic Twist Fruit and Vegetable Bar Assorted Milk	Homemade Cheese Pizza Seasoned Carrots Fruit and Vegetable Bar Assorted Milk	Tangerine Chicken Brown Rice Seasoned Peas Fruit and Vegetable Bar Assorted Milk
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
French Toast! French Toast Sticks w/Maple Syrup Sausage Patty Fruit and Vegetable Bar Assorted Milk	Lucky Tray Day! Soft Beef Taco Tater Tots Fruit and Vegetable Bar Assorted Milk	Roasted Cheese Bagel Tomato Soup Fruit and Vegetable Bar Assorted Milk	Pepperoni Pizza Seasoned Carrots Fruit and Vegetable Bar Assorted Milk	Hot Dog Seasoned Wedges Fruit and Vegetable Bar Assorted Milk
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
Residents Day! No School	Pancake Breakfast Sandwich! Pancakes w/Maple Syrup Egg Patty & Sausage Patty Fruit and Vegetable Bar Assorted Milk	BBQ Chicken w/ Mashed Potatoes Seasoned Carrots Dinner Roll Fruit and Vegetable Bar Assorted Milk	Pepperoni Pizza Warm Cinnamon Apple Slices Fruit and Vegetable Bar Assorted Milk	Chicken & Cheese Quesadilla Seasoned Corn Fruit and Vegetable Bar Assorted Milk
25-Feb	26-Feb	27-Feb	28-Feb	
BBQ Pulled Pork Sandwich Sweet Potato Fries Fruit and Vegetable Bar Assorted Milk	Lucky Tray Day! Soft Beef Taco Carrot Fries Fruit and Vegetable Bar Assorted Milk	Teriyaki Chicken Noodle Bowl Orange Roasted Cauliflower Fruit and Vegetable Bar Assorted Milk	Homemade Cheese Pizza Savory Peas Fruit and Vegetable Bar Assorted Milk	

The following alternate entrees are available w/daily hot vegetable offering, choice[s] from fruit/vegetable bar,

and choice of milk:

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Chicken Nuggets w/ Whole Grain Dinner Roll Nachos Fun Lunch	Cheese Pizza Deli Sandwich & Cookie	Whole Grain Corn Dog Lunch: Yogurt & Cereal	Chicken Caesar Wrap Whole Grain Muffin, Gold Fish Crackers, Cheese Stick & Yogurt Fun Lunch	Classic American Cheese Burger Parfait: Vanilla yogurt, Homemade Granola & Fruit

Daily Fruit and Vegetable Bar Offerings

Tossed Salad Fresh Baby Carrots Power Peas Dried Cranberries Assorted Chilled Fruit	Tossed Salad Broccoli Assorted Juice Assorted Chilled Fruit Apples	Tossed Salad Fresh Baby Carrots Spinach Salad w/Cranberries Assorted Chilled Fruit Orange Wedges	Tossed Salad Legumes Assorted Juice Assorted Chilled Fruit Fresh Fruit	Tossed Salad Fresh Baby Carrots Sliced Cucumbers Assorted Chilled Fruit Orange Wedges
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