

fresh



**Lakeland School District Elementary Breakfast Menu, March 2019**

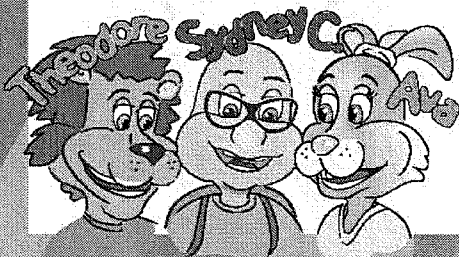
**Student \$1.50 • Student Reduced \$0.30 • Adult \$2.25**

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

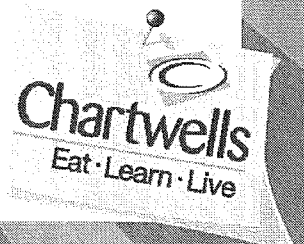
**All meals are offered with 1% white or non-fat chocolate milk**

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 BREAKFAST PARFAIT -OR- CEREAL CHOICE & CHEESE STICK Fruit, Juice Assorted Milk	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 NO SCHOOL
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

**Make** the  
**Grade**  
with SCHOOL BREAKFAST



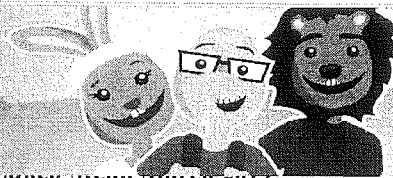
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# KID'S STOP

# Cafe



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**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 beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.

... and choice of 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
4-Mar	5-Mar	6-Mar	7-Mar
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	Pepperoni Pizza Warm Cinnamon Apple Slices Fruit and Vegetable Bar Assorted Milk
11-Mar	12-Mar	13-Mar	14-Mar
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	Homemade Cheese Pizza Seasoned Carrots Fruit and Vegetable Bar Assorted Milk
18-Mar	19-Mar	20-Mar	21-Mar
Waffle Breakfast Sandwich! Waffles w/Maple Syrup Egg Patty & Sausage Patty Fruit and Vegetable Bar Assorted Milk	Crispy Chicken Sandwich! Chicken Sandwich served with Seasoned Wedges 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
25-Mar	26-Mar	27-Mar	28-Mar
No School	No School	No School	No School

Friday
1-Mar
Turkey & Cheese Stromboli Seasoned Corn Fruit and Vegetable Bar Assorted Milk
8-Mar
Tangerine Chicken Rice w/Quinoa Fruit and Vegetable Bar Assorted Milk
15-Mar
Hot Dog Seasoned Wedges Fruit and Vegetable Bar Assorted Milk
22-Mar
No School
29-Mar
No School

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
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

Fridays
Classic American Cheese Burger  Parfait: Vanilla yogurt, Homemade Granola & Fruit

### Daily Fruit and Vegetable Bar Offerings

Tossed Salad Fresh Baby Carrots Power Peas Dried Fruit Assorted Chilled Fruit	Tossed Salad Broccoli  Assorted Juice Assorted Chilled Fruit Apples	Tossed Salad Fresh Baby Carrots  Asian Wheat Berry Salad Assorted Chilled Fruit Orange Wedges	Tossed Salad Legumes  Assorted Juice Assorted Chilled Fruit Apples
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Tossed Salad Fresh Baby Carrots Sliced Cucumbers  Assorted Chilled Fruit Orange Wedges
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