



Lyme Consolidated ES Breakfast Menu: Aug/Sept 2019

Monday	Tuesday	Wednesday	Thursday	Friday
26 <b style="color: red;">WELCOME BACK!	27 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	28 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	29 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	30 PD Day No School
2 Labor Day No School	3 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	4 Mini Waffles Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	5 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	6 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
9 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	10 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	11 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	12 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	13 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
16 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	17 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	18 Mini Waffles Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	19 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	20 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit
23 Whole Grain Muffin Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	24 Cinni Mini Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	25 Mini Pancakes Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	26 Cherry Frudal Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit	27 Whole Grain Bagel Cream Cheese Assorted Cereal String Cheese or Yogurt Assorted Fruit Juice Assorted Chilled Fruit Assorted Whole Fruit

A Full Student Breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. Full Paid \$2.50, Reduced \$0.30. Applications for Free and Reduced Meals are available at the Main Office of each school and on the District website. This Employer is an Equal Opportunity Provider.

Vegetarian Locally Grown

Performance Nutrition

Start the Day Right with a Healthy, Nutritious, and Delicious Breakfast!