

# what's for breakfast?

## Lakeland School District Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No School Labor Day Holiday</p>	<p>3</p> <p>Skewered Sausage Pancake w/ Maple Syrup</p> <p>Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>4</p> <p>Breakfast Pizza Assorted Cereal String Cheese</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>5</p> <p>Whole Grain French Toast Sticks w/Maple Syrup</p> <p>Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>6</p> <p>Biscuits &amp; Gravy</p> <p>Assorted Cereal Strawberry Yogurt</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>
<p>9</p> <p>Whole Grain Waffle w/ Maple Syrup Scrambled Eggs Assorted Cereal Whole Grain Toast</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>10</p> <p>Breakfast Pizza</p> <p>Assorted Cereal Whole Grain Muffin</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>11</p> <p>Whole Grain French Toast Sticks w/Maple Syrup Assorted Cereal Cheese sticks</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>12</p> <p>Chicken Biscuit Sandwich</p> <p>Assorted Cereal Whole Grain Toast</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>13</p> <p>Baked Cinnamon Roll</p> <p>Assorted Cereal Strawberry Yogurt</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>
<p>16</p> <p>Breakfast Pizza Assorted Cereal Whole Grain Muffin</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>17</p> <p>Sliced Whole Grain Cinnamon Toast (2)</p> <p>Assorted Cereal Strawberry Yogurt</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>18</p> <p>Egg &amp; Cheese Breakfast Sandwich</p> <p>Assorted Cereal String Cheese</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>19</p> <p>Whole Grain Waffle w/Maple Syrup Scrambled Eggs</p> <p>Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>20</p> <p>Biscuits &amp; Gravy</p> <p>Assorted Cereal Strawberry Yogurt</p> <p>Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>
<p>23</p> <p>Banana Split Smoothie w/ Whole Grain Muffin</p> <p>Assorted Cereal Whole Grain Muffin Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>24</p> <p>Ham, Egg &amp; Cheese Bagel Melt</p> <p>Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>25</p> <p>Breakfast Pizza</p> <p>Assorted Cereal String Cheese Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>26</p> <p>Whole Grain Waffle w/Maple Syrup Scrambled Eggs Assorted Cereal Whole Grain Toast Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p>27</p> <p>Baked Cinnamon Roll</p> <p>Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>
<p>30</p> <p>Egg &amp; Cheese Breakfast Burrito Assorted Cereal Strawberry Yogurt Orange Wedges Assorted Chilled Fruit 100% Fruit Juice</p>	<p><b>BREAKFAST:</b> 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. Paid Student \$1.50. Reduced \$0.30. Adult \$2.25</p>			



Locally Grown



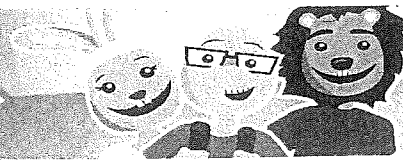
This month we're celebrating **cranberries**



We support Local Farmers!

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# KID'S STOP Cafe



eat. learn. live.

## Elementary Lunch Menu September 2019

Student Lunch \$2.80 \*\* 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 milk. Milk choices include 1% white and skim chocolate. **A cold vegetable and fruit bar is available daily** on which we feature a variety of vegetables and fruits including locally grown 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2-Sep</b> No School - Labor Day	<b>3-Sep</b> French Toast Sticks w/ Maple Syrup Sausage Patty Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	<b>4-Sep</b> Chicken Alfredo w/ Savory Green Beans Garlic Twist Fruit and Vegetable Bar Assorted Milk	<b>5-Sep</b> Homemade Cheese Pizza Seasoned Broccoli Fruit and Vegetable Bar Assorted Milk	<b>6-Sep</b> Chicken & Cheese Quesadilla Seasoned Corn Fruit and Vegetable Bar Assorted Milk
<b>9-Sep</b> <i>Pancake Day!</i> Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Baked Apple Slices Fruit and Vegetable Bar	<b>10-Sep</b> <b>Lucky Tray Day!</b> Soft Beef Taco Roasted Carrot Fries Fruit and Vegetable Bar Assorted Milk	<b>11-Sep</b> Spaghetti w/Italian Meatballs Savory Green Beans & Garlic Twist Fruit and Vegetable Bar Assorted Milk	<b>12-Sep</b> Homemade Cheese Pizza Seasoned Peas Fruit and Vegetable Bar Assorted Milk	<b>13-Sep</b> Turkey & Cheese Stromboli Seasoned Corn Fruit and Vegetable Bar Assorted Milk
<b>16-Sep</b> Sloppy Joes Baked Tator Tots Fruit and Vegetable Bar Assorted Milk	<b>17-Sep</b> French Toast Sticks w/ Maple Syrup Sausage Patty Baked Apple Slices Fruit and Vegetable Bar Assorted Milk	<b>18-Sep</b> Macaroni & Cheese Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	<b>19-Sep</b> Homemade Cheese Pizza Steamed Broccoli Fruit and Vegetable Bar Assorted Milk	<b>20-Sep</b> Bean & Cheese Burrito/w Red Enchilada Sauce Seasoned Black Beans, Mexi Corn Fruit and Vegetable Bar Milk
<b>23-Sep</b> Tangerine Chicken Brown Rice, Roasted Broccoli Fruit and Vegetable Bar Assorted Milk	<b>24-Sep</b> <b>Lucky Tray Day!</b> Soft Beef Taco Roasted Carrot Fries Fruit and Vegetable Bar Assorted Milk	<b>25-Sep</b> Chicken Parmesan Served w/rotini pasta & marinara sauce Savory Green Beans Fruit and Vegetable Bar Assorted Milk	<b>26-Sep</b> Homemade Cheese Pizza Seasoned Peas Fruit and Vegetable Bar Assorted Milk	<b>27-Sep</b> Crispy Fish Sticks w/tartar sauce Served w/herb bread stick Seasoned Corn Fruit and Vegetable Bar Assorted Milk
<b>30-Sep</b> BBQ Chicken Served w/ mashed potatoes, dinner roll & Baked Apple Slices 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  Classic American Cheese Burger	Cheese Pizza  Deli Sandwich	Whole Grain Corn Dog  Fun Lunch: Cereal, Cheese Stick, Graham Crackers & Yogurt	Chef Salad w/ Whole Grain Dinner Rolls  Rotating Fun Lunch:	Grilled Chicken Sandwich  Parfait: Vanilla yogurt, Homemade Granola & Fruit

### Daily Fruit and Vegetable Bar Offerings

Caesar Salad Fresh Baby Carrots Power Peas Three Bean Salad Fresh Fruit Chilled Fruit	Tossed Salad Red Bell Peppers Strips Broccoli Florets Corn & Pepper Salad Fresh Fruit Chilled Fruit	Caesar Salad Fresh Baby Carrots Sliced Cucumbers Three Bean Salad Fresh Fruit Chilled Fruit	Tossed Salad Red Bell Peppers Strips Broccoli Florets Corn & Pepper Salad Fresh Fruit Chilled Fruit	Caesar Salad Fresh Baby Carrots Sliced Cucumbers Dried Fruit Mix  Applesauce
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View your menu online at: [lakeland272.nutrislice.com](http://lakeland272.nutrislice.com)

Questions, please call Nutrition Services: 208-687-5451

This Institution is an equal opportunity provider.