

# L-S Elementary Breakfast Menu November 2022

**Breakfast Menu:** Available daily in the cafeterias

**\*\*ELEMENTARY BREAKFASTS WILL NOW OFFER 2 MAIN CHOICES.  
ALL MEALS ARE SERVED WITH FRUIT/FRUIT JUICE AND MILK  
\*ALL MAIN CHOICES ARE WHOLE GRAIN RICH**

**Student Breakfast Cost: \$1.75**

<b>10/31</b> #1 Waffles Alt. Cereal Bowl	<b>11/1</b> #1 Fruit & Yogurt Parfait Alt. WG Cereal Bars	<b>11/2</b> #1 Pancake Sausage Bites Alt. WG Pop Tarts	<b>11/3</b> #1 WG Muffins (2) Alt. Yogurt & 1 Muffin	<b>NO SCHOOL</b>
<b>11/7</b> #1 Stuffed Bagel Bites Alt. Cereal Bowls	<b>11/8</b> #1 Dutch Waffle Alt. WG Cereal Bars	<b>11/9</b> #1 Ham/Egg/Chs Biscuit Alt. WG Pop Tarts	<b>11/10</b> #1 WG Muffins (2) Alt. Yogurt & 1 Muffin	<b>11/11</b> #1 Mini Pancakes Alt. Benefit Bar
<b>11/14</b> #1 Pillsbury Frudel Alt. Cereal Bowl	<b>11/15</b> #1 Breakfast Pizza Alt. WG Cereal Bars	<b>11/16</b> #1 Bacon/Egg./Chs Muffin Alt. WG Pop Tarts	<b>11/17</b> #1 WG Muffins (2) Alt. Yogurt and 1 Muffin	<b>11/18</b> #1 Cini Mini's Alt. Benefit Bar
<b>11/21</b> #1 Fruit Smoothie/Nutrigrain Bar Alt. Cereal Bowl	<b>11/22</b> #1 Sausage/Egg/Chs Croissant Alt. WG Cereal Bars	<b>NO SCHOOL</b>	<b>HAPPY THANKSGIVING</b>	<b>NO SCHOOL</b>

**\*MENU SUBJECT TO CHANGE**

(This institution is an equal opportunity provider and employer.)

Director of Food Services: Cheryl Schmidt  
717-358-1903  
Cheryl\_schmidt@L-Spioneers.org