

# L-S Elementary Breakfast Menu October 2023

**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**

**\*\*BREAKFAST IS FREE TO ALL STUDENTS FOR THE 2023/24 SCHOOL YEAR\*\***

<b>10/2</b> #1 WG Donuts Alt. Cereal Bowl	<b>10/3</b> #1 Pancake Sausage Bites Alt. WG Cereal Bars	<b>10/4</b> #1 Bacon/Egg/Chs Muffin Alt. WG Pop Tarts	<b>10/5</b> #1 WG Muffins (2) Alt. Yogurt & 1 Muffin	<b>NO SCHOOL</b>
<b>NO SCHOOL</b>	<b>10/10</b> #1 Sausage/Egg/Chs Croissant Alt. WG Cereal Bars	<b>10/11</b> #1 Oatmeal Round Alt. WG Pop Tarts	<b>10/12</b> #1 WG Muffins Alt. Yogurt & 1 Muffin	<b>10/13</b> #1 Bagel/Cream Cheese Alt. Benefit Bar
<b>10/16</b> #1 Egg & Cheese Pancake Sandwich Alt. Cereal Bowl	<b>10/17</b> #1 Dutch Waffle Alt. WG Cereal Bars	<b>10/18</b> #1 Egg Uncrustable Alt. WG Pop Tarts	<b>10/19</b> #1 WG Muffins (2) Alt. Yogurt & 1 Muffin	<b>10/20</b> #1 WG Waffles Alt. Benefit Bar
<b>10/23</b> #1 Stuffed Bagel Bites Alt. Cereal Bowl	<b>10/24</b> #1 Fruit & Yogurt Parfait Alt. WG Cereal Bars	<b>10/25</b> #1 Ham&Egg/Chs Biscuit Alt. WG Pop Tarts	<b>10/26</b> #1 WG Muffins (2) Alt. Yogurt & 1 Muffin	<b>10/27</b> #1 Mini Pancakes Alt. Benefit Bar
<b>MENU SUBJECT TO CHANGE</b>  (This institution is an equal opportunity provider and employer.)			Director of Food Services: Cheryl Schmidt 717-358-1903 Cheryl_schmidt@L-Spioneers.org	

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