



LWSD District Breakfast Menu

OCT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

BREAKFAST
French Toast Mini Bites(v)
Cereal Bar or Bowl(v)

3

BREAKFAST
Sausage Pizza
Cereal Bar or Bowl(v)

4

BREAKFAST
(Turkey) Ham & Cheese Sandwich
Cereal Bar or Bowl(v)

5

BREAKFAST
Mini Maple Waffles(v)
Cereal Bar or Bowl(v)

6

BREAKFAST
Fruit Muffin & Toast(v)
Cereal Bar or Bowl(v)

Menu Subject To Change Without Notice

9

BREAKFAST
WG French Toast Sticks(v)
Cereal Bar or Bowl(v)

10

BREAKFAST
Strawberry Yogurt w/Grahams(v)
Cereal Bar or Bowl(v)

11

BREAKFAST
Oatmeal ChocChip UBR(v)
Cereal Bar or Bowl(v)

12

BREAKFAST
WG Blueberry Bagel w/CC(v)
Cereal Bar or Bowl(v)

13

BREAKFAST
Mini Cinnis(v)
Cereal Bar or Bowl(v)

1% Lowfat Milk Available for Breakfast

16

BREAKFAST
Pancake & Sausage Stick
Cereal Bar or Bowl(v)

17

BREAKFAST
WG Apple Frudel(v)
Cereal Bar or Bowl(v)

18

BREAKFAST
Mini Maple Waffles(v)
Cereal Bar or Bowl(v)

19

BREAKFAST
WG Mini Confetti Pancakes(v)
Cereal Bar or Bowl(v)

20

NO SCHOOL

100% Apple Juice Available on Tuesdays and Thursdays

23

BREAKFAST
Sausage Pizza
Cereal Bar or Bowl(v)

24

BREAKFAST
Strawberry Yogurt w/Grahams(v)
Cereal Bar or Bowl(v)

25

BREAKFAST
Oatmeal ChocChip UBR(v)
Cereal Bar or Bowl(v)

26

BREAKFAST
Fruit Muffin w/Toast(v)
Cereal Bar or Bowl(v)

27

BREAKFAST
WG Bagel w/CC(v)
Cereal Bar or Bowl(v)

(v) = Meatless Option WG = Whole Grain

30

BREAKFAST
Eggo Waffles(v)
Cereal Bar or Bowl(v)

31

BREAKFAST
Oatmeal ChocChip UBR(v)
Cereal Bar or Bowl(v)

NOV 1

BREAKFAST
Strawberry Yogurt w/Grahams(v)
Cereal Bar or Bowl(v)

NOV 2

BREAKFAST
Mini Maple Waffles(v)
Cereal Bar or Bowl(v)

NOV 3

BREAKFAST
Fruit Muffin w/Toast(v)
Cereal Bar or Bowl(v)

We Served Reduced Sugar Cereals

This institution is an equal opportunity provider.