



# Breakfast Menu @ LWSD NOV

## MONDAY



## TUESDAY

freshpick  
for better health  
soderb



## WEDNESDAY

1

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

## THURSDAY

2

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

## FRIDAY

3

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

Menu Subject to Change Without Notice

6

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

7

**BREAKFAST**  
Tonys Breakfast Sausage Pizza  
Cereal Bowl or Bar(v)

8

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

9

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

10

**NO SCHOOL**

NF White Milk offered Until 1% Lowfat Cartons are Available

13

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

14

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

15

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

16

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

17

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

100% Apple Juice Offered on Tuesdays & Thursdays

20

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

21

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

22

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

THANKSGIVING



(v) = Meatless Option WG - Whole Grain

27

**BREAKFAST**  
Tpnys Breakfast Sausage Pizza  
Cereal Bowl or Bar(v)

28

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

29

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

30

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

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

WG Cereals are Reduced Sugar

This institution is an equal opportunity provider.