



January 2024

Lexington Richland School District Five Elementary/Intermediate Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1 Please note that Student Nutrition is striving to conform to the posted menu. However we are faced with outages and shortages and may have to substitute.</p>	<p>2</p>	<p>3 2 oz Cereal Bowl Sausage Biscuit Fresh Fruit Options Fresh Grapes Milk Variety</p>	<p>4 2 oz Cereal Bowl French Toast Cinnamon Mini Assorted Fruit Juice Fresh Fruit Options Milk Variety</p>	<p>5 2 oz Cereal Bowl Cereal Bar Cinn Crun Cereal-Cheerios Whl Grain Mozzarella String Cheese Applesauce Cup Fresh Fruit Options Milk Variety</p>
<p>8 2 oz Cereal Bowl Cini Mini Strudel Assorted Fruit Juice Fresh Fruit Options Milk Variety</p>	<p>9 2 oz Cereal Bowl Chicken Biscuit Applesauce Cup Fresh Fruit Options Milk Variety</p>	<p>10 2 oz Cereal Bowl Mini Strawberry Pancakes Fresh Fruit Options Fresh Orange Slices Milk Variety</p>	<p>11 2 oz Cereal Bowl Cinnamon Pop Tart Egg, Sausage, and Hashbrown Scramble Assorted Fruit Juice Fresh Fruit Options Biscuit Milk Variety</p>	<p>12 2 oz Cereal Bowl Apple Frudel Lucky Charms 2 oz WG SS Fresh Fruit Options Fresh Grapes Milk Variety</p>
 <p>15 NO SCHOOL!</p>	<p>16 2 oz Cereal Bowl Soft Cinnamon Toast Crunch Bar Mozzarella String Cheese Fresh Fruit Options Fresh Pineapple Slices Milk Variety</p>	<p>17 2 oz Cereal Bowl Sausage Biscuit Fresh Fruit Options Fresh Grapes Milk Variety</p>	<p>18 2 oz Cereal Bowl French Toast Cinnamon Mini Assorted Fruit Juice Fresh Fruit Options Milk Variety</p>	<p>19 2 oz Cereal Bowl Assorted Muffins Lucky Charms Yogurt, Danimal Cup Fresh Fruit Options Milk Variety</p>
<p>22 2 oz Cereal Bowl Egg & Cheese Biscuit Craisins Dried Fruit Fresh Fruit Options Milk Variety</p>	<p>23 2 oz Cereal Bowl Mini Maple Waffles Assorted Fruit Juice Fresh Fruit Options Milk Variety</p>	<p>24 2 oz Cereal Bowl Chicken Biscuit Fresh Fruit Options Fresh Orange Slices Milk Variety</p>	<p>25 2 oz Cereal Bowl Blueberry Pancakes Assorted Fruit Juice Fresh Fruit Options Milk Variety</p>	<p>26 2 oz Cereal Bowl Donut Holes/Cake Donut Lucky Charms 2 oz WG SS Applesauce Cup Fresh Fruit Options Milk Variety</p>
<p>29 2 oz Cereal Bowl Breakfast Pizza Assorted Fruit Juice Fresh Fruit Options Milk Variety</p>	<p>30 2 oz Cereal Bowl Assorted Muffins Cinnamon Pop Tart Yogurt, Danimal Cup Fresh Fruit Options Fresh Strawberries Milk Variety</p>	<p>31 2 oz Cereal Bowl Sausage Biscuit Fresh Fruit Options Fresh Grapes Milk Variety</p>	 <p>At Breakfast: Student must take 3 out of 4 of the food items offered during breakfast at least 1/2 cup fruit and/or vegetables must be chosen.</p>	

Additional proteins may be offered at breakfast

1 Cup of fruit is offered daily at breakfast.

A variety of cereals and other dry good items available at breakfast daily.

A variety of milk will be offered daily. Student do not have to take a milk with a meal.

Milk Choices Include

1% Low-Fat: Calories: 100 Carbs:12g

Fat Free Unflavored: Calories: 160 Carbs:24g

Fat Free Chocolate: Calories: 110 Carbs:19g

This institution is an equal opportunity provider.