

BREAKFAST MENU

L-S Elementary K-5

BREAKFAST MEAL IS FREE TO ALL STUDENTS !!

October 2024

Breakfast includes one entrée, one fruit and/or juice and choice of milk.

Monday, 9/30	Tuesday, 10/1	Wednesday, 10/2	Thursday, 10/3	Friday, 10/4	
WG Donuts OR Cereal Bowl Asst Fruit/Juices/Milk	Mini French Toast OR WG Cereal Bars Asst Fruit/Juice/Milk	Bacon/Egg/Cheese on Muffin Sandwich OR WG Pop Tarts Asst Fruit/Juice/Milk	WG Muffins (2) OR Go-gurt & 1 Muffin Asst Fruit/Juice/Milk	WG Waffles OR Benefit Bar Asst Fruit/Juice Milk	
Monday, 10/7	Tuesday, 10/8	Wednesday, 10/9	Thursday, 10/10 ED	Friday, 10/11	
Frudel OR Cereal Bowl Asst Fruit/Juice/Milk	Sausage/Egg/Cheese on Croissant OR WG Cereal Bars Asst Fruit/Juice/Milk	Warm Oatmeal Round OR WG Pop Tarts Asst Fruit/Juice/Milk	WG Muffins (2) OR Go-gurt & 1 Muffin Asst Fruit/Juice/Milk	No School	All main choices are whole grain rich.
Monday, 10/14	Tuesday, 10/15	Wednesday, 10/16	Thursday, 10/17	Friday, 10/18	
No School	Dutch Waffle OR WG Cereal Bars Asst Fruit/Juice/Milk	Breakfast Pizza OR WG Pop Tarts Asst Fruit/Juice/Milk	WG Muffins (2) OR Go-gurt & 1 Muffin Asst Fruit/Juice/Milk	Cini Mini's OR Benefit Bar Asst Fruit/Juice/Milk	
Monday, 10/21	Tuesday, 10/22	Wednesday, 10/23	Thursday, 10/24	Friday, 10/25	
Stuffed Bagel Bites OR Cereal Bowl Asst Fruit/Juice/Milk	Fruit & Yogurt Parfait OR WG Cereal Bars Asst Fruit/Juice/Milk	Ham/Egg/Cheese on Biscuit OR WG Pop Tarts Asst Fruit/Juice/Milk	WG Muffins (2) OR Go-gurt & 1 Muffin Asst Fruit/Juice/Milk	Mini Pancakes OR Benefit Bar Asst Fruit/Juice/Milk	
Monday, 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/1	
WG Donuts OR Cereal Bowl Asst Fruit/Juices/Milk	Mini French Toast OR WG Cereal Bars Asst Fruit/Juice/Milk	Bacon/Egg/Cheese on Muffin Sandwich OR WG Pop Tarts Asst Fruit/Juice/Milk	WG Muffins (2) OR Go-gurt & 1 Muffin Asst Fruit/Juice/Milk	WG Waffles OR Benefit Bar Asst Fruit/Juice Milk	

Early Childhood Center & Lampeter Elementary Kitchen Manager: Missi McAleer milissa_mcaleer@l-spioneers.org 717-464-311 Ext 5013

Herr Kitchen Manager: Connie Richwine connie_richwine@l-spioneers.org 717-464-3311 EXT 4023

This institution is an equal opportunity employer and provider.

Menu subject to change without notice. 9/11/24 KAS