

BREAKFAST MENU

L-S High School 9-12

BREAKFAST MEAL IS FREE TO ALL STUDENTS !!

October 2024

Breakfast meal 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	Daily
Breakfast Burrito Oatmeal Bars Asst Fruit/Juices/Milk	Bacon/Egg/Cheese on on Croissant Nutrigrain Bars Asst Fruit/Juice/Milk	Waffles Yogurt Parfait w/ Granola Asst Fruit/Juice/Milk	Pancake Sausage Bites WG Muffins Asst Fruit/Juice/Milk	Filled Crescent WG Donuts Asst Fruit/Juice Milk	PBJ Uncrustable Yogurt/String Cheese Cereal Bowl
Monday, 10/7	Tuesday, 10/8	Wednesday, 10/9	Thursday, 10/10 ED	Friday, 10/11	Daily
Dutch Waffle Rice Krispie Asst Fruit/Juice/Milk	Sausage/Egg/Cheese on Bagel Granola Bar Asst Fruit/Juice/Milk	Eggs & Bacon Yogurt Parfait w/ Granola Asst Fruit/Juice/Milk	French Toast w/ Sausage Cereal Bars Asst Fruit/Juice/Milk	No School	PBJ Uncrustable Yogurt/String Cheese Pop Tarts
Monday, 10/14	Tuesday, 10/15	Wednesday, 10/16	Thursday, 10/17	Friday, 10/18	Daily
No School	Bacon/Egg/Cheese on on Croissant Nutrigrain Bars Asst Fruit/Juice/Milk	Breakfast Pizza Yogurt Parfait w/ Granola Asst Fruit/Juice/Milk	Pancake Sausage Bites WG Muffins Asst Fruit/Juice/Milk	Stuffed Bagel Bites Fruit Smoothie W/Granola Bar Asst Fruit/Juice/Milk	PBJ Uncrustable Yogurt/String Cheese Cereal Bowls
Monday, 10/21	Tuesday, 10/22	Wednesday, 10/23	Thursday, 10/24	Friday, 10/25	Daily
Dutch Waffle Rice Krispie Asst Fruit/Juice/Milk	Sausage/Egg/Cheese on Bagel Granola Bars Asst Fruit/Juice/Milk	Mini Cinnis Yogurt Parfait w/ Granola Asst Fruit/Juice/Milk	French Toast w/ Sausage Cereal Bars Asst Fruit/Juice/Milk	Frudel Granola Bars Asst Fruit/Juice/Milk	PBJ Uncrustable Yogurt/String Cheese Pop Tarts
Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/1	Daily
Breakfast Burrito Oatmeal Bars Asst Fruit/Juices/Milk	Bacon/Egg/Cheese on on Croissant Nutrigrain Bars Asst Fruit/Juice/Milk	Waffles Yogurt Parfait w/ Granola Asst Fruit/Juice/Milk	Pancake Sausage Bites WG Muffins Asst Fruit/Juice/Milk	Filled Crescent WG Donuts Asst Fruit/Juice Milk	PBJ Uncrustable Yogurt/String Cheese Pop Tarts

High School Kitchen Manager: Amber Zimmerman amber_zimmerman@l-spioneers.org 717-464-3311 EXT 2013

This institution is an equal opportunity employer and provider.

Menu subject to change without notice.

9/11/24 KAS