


BREAKFAST MENU

L-S Elementary K-5

BREAKFAST MEAL IS FREE TO ALL STUDENTS!!

January 2025

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

Monday,	Tuesday,	Wednesday,1/1	Thursday, 1/2	Friday, 1/3	
		NO SCHOOL	WG Muffins (2) OR Go-gurt & 1 Muffin Asst Fruit/Juice/Milk	WG Waffles OR Benefit Bar Asst Fruit/Juice Milk	
Monday, 1/6	Tuesday, 1/7	Wednesday, 1/8	Thursday, 1/9	Friday, 1/10	All main choices are whole grain-rich.
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	Bagel/Cream Cheese OR Benefit Bar Asst Fruit/Juice/Milk	
Monday, 1/13	Tuesday, 1/14	Wednesday, 1/15	Thursday, 1/16	Friday, 1/17	
Egg & Cheese Pancake Sandwich OR Cereal Bowl Asst Fruit/Juice/Milk	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	NO SCHOOL	
Monday, 1/20	Tuesday, 1/21	Wednesday, 1/22	Thursday, 1/23	Friday, 1/24	
NO SCHOOL	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,1/27	Tuesday,1/28	Wednesday, 1/29	Thursday,1/30	Friday,1/31	
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 missa_mcaleer@l-spioneers.org 717-464-311 Ext 5013

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Menu subject to change without notice. 12/4/24 KAS

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