Lewis & Clark Elementary
Breakfast Menu
October 2026

First Breakfast & Lunch are Free for all Students!

Mon	Tue	Wed	Thu	Fri
			1 Sausage & Roasted Potatoes Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	2 Cinnamon rolls Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit
5 Waffles & Berries Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	6 Strawberry Bagel-Fuls Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	7 Fiesta Cheese Omelet Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	8 Assorted frudels Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	9
12 Assorted Muffins Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	13 Pancake on a stick Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	14 Egg & Cheese Eng. Muffin Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	15 Mini cinnamon rolls Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	16 Mini Waffles Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit
19 Breakfast Burritos Assorted Cereal Assorted BF Bar Yogurt Parfait Juice Fruit	20 Bagels & cream cheese Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	21 Sausage Biscuit Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	22 Assorted Frudels Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	23 BF Bites Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit
26 Waffles & Berries Assorted Cereal Assorted BF Bars & breads Yogurt Parfait Juice Fruit	27 BF Biscuits Assorted Cereal Assorted BF Bars & breads Yogurt Parfait Juice Fruit	28 Pancakes Assorted Cereal Assorted BF Bars & breads Yogurt Parfait Juice Fruit	29 Egg & Cheese Biscuits Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit	30 Egg & Cheese Eng. Muffin Assorted Cereal Assorted BF Bars Yogurt Parfait Juice Fruit

Oregon Harvest For Schools

Farm to school connects schools with farms and producers with the goal of serving healthy local foods in school cafeterias and improving student nutrition. Providing agriculture, health and nutrition opportunities and supporting local & regional farmers and producers.
www.farmtoschool.org

This institution is an equal opportunity provider.

Menu Subject to Change

Minimum 80% of grains served are whole grain
Milk offered daily– 1% White,
Skim, & Fat Free Chocolate
Daily Salad Bar with:
Seasonal Fruits & Vegetables that include
Dark Green, Red/Orange, Beans/Peas,
Starchy and Additional.