

# Lake-Lehman District Breakfast October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9/30/19</b>	<b>10/1/19</b>	<b>10/2/19</b>	<b>10/3/19</b>	<b>10/4/19</b>
Cinnamon Cream Cheese Filled Bagel or Assorted Cereals with Toast	Pancakes with Syrup or Assorted Cereals with Toast	Ham, Egg & Cheese on an English Muffin or Assorted Cereals with Toast	Breakfast Pizza or Assorted Cereals with Toast	Sausage, Egg & Cheese Biscuit or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk
<b>10/7/19</b>	<b>10/8/19</b>	<b>10/9/19</b>	<b>10/10/19</b>	<b>10/11/19</b>
Chocolate Filled Crescent Roll or Assorted Cereals with Toast	Dutch Waffle with Syrup or Assorted Cereals with Toast	Ham, Egg & Cheese Croissant or Assorted Cereals with Toast	Breakfast Pizza or Assorted Cereals with Toast	Egg, Sausage & Cheese on a Glazed Donut or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk
<b>10/14/19</b>	<b>10/15/19</b>	<b>10/16/19</b>	<b>10/17/19</b>	<b>10/18/19</b>
Pancake Wrapped Sausage on a Stick or Assorted Cereals with Toast	Waffles with Syrup or Assorted Cereals with Toast	No School	Breakfast Pizza or Assorted Cereals with Toast	Apple Cinnamon French Toast Casserole w/Sausage or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk		Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>10/21/19</b>	<b>10/22/19</b>	<b>10/23/19</b>	<b>10/24/19</b>	<b>10/25/19</b>
Cinnamon Cream Cheese Filled Bagel or Assorted Cereals with Toast	Pancakes with Syrup or Assorted Cereals with Toast	Ham, Egg & Cheese on an English Muffin or Assorted Cereals with Toast	Breakfast Pizza or Assorted Cereals with Toast	Sausage, Egg & Cheese Biscuit or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk
<b>10/28/19</b>	<b>10/29/19</b>	<b>10/30/19</b>	<b>10/31/19</b>	<b>11/1/19</b>
Chocolate Filled Crescent Roll or Assorted Cereals with Toast	Dutch Waffle with Syrup or Assorted Cereals with Toast	Ham, Egg & Cheese Croissant or Assorted Cereals with Toast	Breakfast Pizza or Assorted Cereals with Toast	
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruits Choice of Milk	

[www.lakelehmanmetz.com](http://www.lakelehmanmetz.com)

**Student Paid Breakfast \$1.25**

**Student Reduced Breakfast \$0.30**

**Adult Breakfast 2.00**

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USDA is an equal opportunity provider and employer.

### What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

**Choice of: Grain or grain/protein  
Choice of fruit or vegetable  
(must take at least a 1/2 cup)**

**and  
Choice of Milk  
Choice of Milk - 1% white,  
fat-free white, chocolate, vanilla  
and strawberry**

### Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice, fresh fruit selection including apples, bananas and oranges

### Alternate Options May Include:

Assorted Whole Grain Muffins  
Fortified Breakfast Pastries  
Assorted Yogurt with Toast  
Oatmeal Breakfast Bars  
Whole Grain Bagels

### Whole Grain Cereal

**Selection May Include:**  
Cinnamon Toast Crunch, Cocoa Puffs, Fruity Cheerios, Rice Chex, Kix, Cheerios, Frosted Flakes, Reeses Puffs  
Served with Toast, Fruit & Milk



### Blueberry Muffin Craveable:

whole grain blueberry muffin, graham crackers & fruit cup (grab a milk to make it a meal)

### Super Fruit Craveable:

string cheese, apple slices, grapes & whole grain goldfish crackers (complete meal)

### Yogurt & Cheese Craveable:

yogurt, string cheese, whole grain goldfish crackers and juice (complete meal)

### Whole Grain Honey

**Glazed Donut Craveable:**  
whole grain honey glazed donut and fruit cup (grab a milk to make it a meal)

**www.schoolcafe.com**  
**Payments and Menu**  
**Information**