

# LMCS Breakfast Menu - October



Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>30</b> Pancake/Sausage on a Stick Fruit  Juice Choice Milk Choice	<b>1</b> Cereal Donut Fruit  Juice Choice Milk Choice	<b>2</b> Granola Bar Yogurt Fruit  Juice Choice Milk Choice	<b>3</b> Egg/Cheese Bites Muffin Fruit  Juice Choice Milk Choice
<b>6</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>7</b> Breakfast Combo Bar Yogurt Fruit  Juice Choice Milk Choice	<b>8</b> Cereal Donut Fruit  Juice Choice Milk Choice	<b>9</b> Mini Waffles Sausage Patty Fruit  Juice Choice Milk Choice	<b>10</b> Egg/Cheese Omelet Muffin Fruit  Juice Choice Milk Choice
<b>13</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>14</b> Bagel Fruit  Juice Choice Milk Choice	<b>15</b> Cereal Donut Fruit  Juice Choice Milk Choice	<b>16</b> Tornados Fruit  Juice Choice Milk Choice	<b>17</b> Breakfast Combo Bar Muffin Fruit  Juice Choice Milk Choice
<b>20</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>21</b> Breakfast Pizza Bagel Fruit  Juice Choice Milk Choice	<b>22</b> Cereal Donut Fruit  Juice Choice Milk Choice	<b>23</b> Chicken Biscuit Breakfast Sandwich Fruit  Juice Choice Milk Choice	<b>24</b> Granola Bar Yogurt Fruit  Juice Choice Milk Choice
<b>27</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>28</b> Pancake on a Stick Fruit  Juice Choice Milk Choice	<b>29</b> Cinnamon Swirl Cake Yogurt Fruit  Juice Choice Milk Choice	<b>30</b> Egg/Cheese Bites Muffin Fruit  Juice Choice Milk Choice	<b>31</b>  NO SCHOOL

**"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER " Menus are subject to change**

Juice Choice: Apple or Orange

Milk Choice: Skim White Milk or Chocolate Skim Milk