

# **LINCOLN ELEMENTARY SCHOOLS**

## **Breakfast Menu**

### **Monday, Dec. 2**

Cereal  
Pop tart  
Juice/fruit  
Milk

### **Tuesday, Dec. 3**

Biscuit & sausage gravy  
Juice/fruit  
Milk

### **Wednesday, Dec. 4**

Apple slices  
w/peanut butter  
Rice krispy treat  
Milk

### **Thursday, Dec. 5**

Scrambled eggs  
Toast  
Juice/fruit  
Milk

### **Friday, Dec. 6**

Cereal  
Donut holes  
Juice/fruit  
Milk

### **Monday, Dec. 9**

Oatmeal  
Toast  
Juice/fruit  
Milk

### **Tuesday, Dec. 10**

Cereal  
Toast w/jelly  
Juice/fruit  
Milk

### **Wednesday, Dec. 11**

Flatbread sausage & egg pizza  
Juice/fruit  
Milk

### **Thursday, Dec. 12**

Cereal  
Cinnamon toast  
Juice/fruit  
Milk

### **Friday, Dec. 13**

Trix yogurt  
Grilled cheese  
Juice/fruit  
Milk

## **EAT BREAKFAST EVERYDAY!!**

Meals meet nutritional requirements set forth by the Federal Government, of 30% or less total fat, and 10% or less saturated fat, on average. Nutritional information is available upon request.