# LINCOLN ELEMENTARY SCHOOLS Breakfast Menu

#### Monday, Jan. 27

Cereal Toast w/jelly Juice/fruit Milk

## Tuesday, Jan. 28

Mini blueberry pancakes Juice/fruit Milk

#### Wednesday, Jan. 29

Cereal Graham crackers Juice/fruit Milk

## Thursday, Jan. 30

Oatmeal chocolate chip bar Juice/fruit Milk

# Friday, Jan. 31

Cereal Cinnamon toast Juice/fruit Milk

#### Monday, Feb. 3

French toast sticks w/syrup Juice/fruit Milk

#### Tuesday, Feb. 4

Cereal Peanut butter & jelly sandwich Juice/fruit Milk

#### Wednesday, Feb. 5

Trix yogurt
Cinnamon roll
Juice/fruit
Milk

# Thursday, Feb. 6

Cereal
Cinnamon toast
Juice/fruit
Milk

# Friday, Feb. 7

Scrambled eggs Toast Juice/fruit Milk

# "EAT BREAKFAST EVERY DAY!"

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.