

With Offer vs. Serve, students must select at least 3 of the 5 components and one of the components must be ½ cup of fruit or vegetable component for their tray for it to count as a reimbursable meal.

OCTOBER | 2022

Lebanon High School Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Fresh Baked Donut Holes-29 Fruit Yogurt-20 Choice of Juice-13-16 Choice of Fruit-20 Choice of Milk 12-24</p>	<p>4 Pork Sausage on Biscuit-25 Baked Apples-20 Choice of Fruit Juice-13-16 Choice of Milk 12-24</p>	<p>5 Choice of Cereal-24 Graham Crackers-16 Raisins-31 Choice of Juice-13-16 Choice of Milk 12-24</p>	<p>6 Breakfast Breadstick-17 Choice of Juice-13-16 Choice of Fruit-20 Choice of Milk 12-24</p>	<p>7 WG Bagel-45 Cheese Stick-0 Choice of Juice-13-16 Choice of Fruit-20 Choice of Milk 12-24</p>
<p>10 1-Chicken on Biscuit-25 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>11 French Toast Bites-19 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>12 Choice of Cereal-24 Graham Crackers-16 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>13 0-Turkey Sausage on English Muffin-23 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>14 Fruit Yogurt-20 Graham Goldfish-19 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>
<p>17 Bagel-45 Cheese Stick-0 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>18 WG Muffin-31 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>19 Cereal Bar-29 Fruit Yogurt-20 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>20 Breakfast Pizza-25 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>21 Egg, Sausage & Cheese Sliders-21 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>
<p>24 Apple Frudel-37 Choice of Juice-13-16 Choice of Fruit- 20 Choice of Milk 12-24</p>	<p>25 Choice of Cereal-24 Graham Crackers-16 Choice of Juice-13-16 Choice of fruit-20 Choice of Milk 12-24</p>	<p>26 Pancakes -27.2 Choice of Juice-13-16 Choice of Fruit-20 Choice of Milk 12-24</p>	<p>27 Breakfast Pizza-25 Choice of Juice-13-16 Choice of Fruit-20 Choice of Milk-12-24</p>	<p>28 Nutri Grain Bars -29 Yogurt-20 Choice of Juice-13-16 Choice of Fruit-20 Choice of Milk 12-24</p>
<p>31 Rich's Ultimate Cinnamon Breakfast Round-42 Choice of Juice-13-16 Choice of Fruit-20 Choice of Milk 12-24</p>	<p>1 Cheese Omelet-1 Salsa-2 Choice of Fruit-20 English Muffin-23 Choice of Milk 12-24</p>	<p>2 Cinnamon Roll-36 Raisins-31 Fruit Juice-14 Choice of Milk 12-24</p>	<p>3 French Toast-34 Topped with Fruit-10 Choice of Juice-13-16 Choice of Milk 12-24</p>	<p>4 Fruit Yogurt -20 Nutri Grain Bar-29 Choice of Juice-13-16 Choice of Fruit-20 Choice of Milk 12-24</p>

News

Breakfast is served every day. A variety of choices are available for ALL students, not just for those who qualify for free/reduced Breakfast Lunch Fresh fruits 100% Fruit/Vegetable Juice and vegetables are offered at all schools. Whole grain Bagels, Bread, Buns, Cookies, French Toast, Muffins, Pasta, Pizza Crust are used A choice of Skim, nonfat and/or 1% flavored and/or milk is served with each meal

MEAL PRICING:
Breakfast Full Price \$1.65
Reduced Breakfast Price \$0.30
Milk Only \$0.70

Menus are subject to change due to availability of Food.

OCTOBER | 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31	1	2	3	4

