

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 City Schools Jr. High Breakfast



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

### 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

