

LINCOLN ELEMENTARY SCHOOLS

Breakfast Menu

Monday, Oct. 21

Cereal
Cinnamon toast
Juice/fruit
Milk

Tuesday, Oct. 22

Mini waffles
Juice/fruit
Milk

Wednesday, Oct. 23

Cereal
Graham crackers
Juice/fruit
Milk

Thursday, Oct. 24

Cereal
Peanut butter & jelly sandwich
Juice/fruit
Milk

Friday, Oct. 25

No School
Parent Teacher Conferences

Monday, Oct. 28

Trix yogurt
Rice krispy treat
Juice/fruit
Milk

Tuesday, Oct. 29

Cereal
Toast w/jelly
Juice/fruit
Milk

Wednesday, Oct. 30

Scrambled eggs
Toast
Juice/fruit
Milk

Thursday, Oct. 31

Cereal
½ cinnamon tastry
Juice/fruit
Milk

Friday, Nov. 1

Sausage & gravy
Biscuit
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.