

Lackawanna
High School 6-12
Breakfast

January 2019



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY NEW YEAR</p>	<p>HAPPY NEW YEAR</p>	<p>2 Cinnamon Roll or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low-Fat Milk</p>	<p>3 Pancakes (2G) w/Syrup Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low-Fat Milk</p>	<p>4 Egg and Cheese Wrap (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>
<p>7 Assorted Yogurt Cup w/ww Muffin (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>8 Honey Bunn (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or-Low Fat Milk</p>	<p>9 Cinnamon Roll or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low-Fat Milk</p>	<p>10 Waffle Sticks w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>11 Egg and Cheese Wrap (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>
<p>14 Assorted Yogurt Cup w/ww Muffin (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>15 Honey Bunn (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or-Low Fat Milk</p>	<p>16 Cinnamon Roll or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low-Fat Milk</p>	<p>17 Pancakes (2G) w/Syrup Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low-Fat Milk</p>	<p>18 Egg and Cheese Wrap (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>
<p>21 Martin Luther King Day No School</p>	<p>22 Honey Bunn (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or-Low Fat Milk</p>	<p>23 Cinnamon Roll or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low-Fat Milk</p>	<p>24 Waffle Sticks w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>25 Egg and Cheese Wrap (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>
<p>28 Assorted Yogurt Cup w/ww Muffin (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>29 Honey Bunn (2G) Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or-Low Fat Milk</p>	<p>30 Cinnamon Roll or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low-Fat Milk</p>	<p>31 Pancakes (2G) w/Syrup Or Breakfast Breaks ----- Juice, Fresh or Prepared Fruit ----- Non-or Low-Fat Milk</p>	<p>This institution is an equal opportunity employer & provider</p>

Children who eat breakfast show an increased ability to learn, better academic performance and may have a decreased risk of being overweight

Choose an item from between each of the dotted line sections

Must Take One Choice of Top Two Line Items

We offer fresh, prepared fruits and juice daily

Non or Low Fat White or Non-Fat Chocolate Milk

The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.

Martin Luther King, Jr.