

Lackawanna
Elementary
PK-5th Grade
Breakfast

January 2019



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY NEW YEAR</p>	<p>1 HAPPY NEW YEAR</p>	<p>2 Cinnamon Roll or Cereal w/ww Toast (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat Milk</p>	<p>3 P Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit</p>	<p>4 Egg and Cheese Wrap (2G) Or Cereal w/Toast (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low Fat Milk</p>
<p>7 Assorted Yogurt Cup w/ww Muffin (2G) Or Cereal w/ww Toast (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat</p>	<p>8 Honey Bunn (2G) Or Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit Non-or-Low Fat Milk</p>	<p>9 Cinnamon Roll or Cereal w/ww Toast (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat Milk</p>	<p>10 French Toast Sticks (2G) 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 Cereal w/Toast (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat Milk</p>
<p>14 Yogurt Parfait Bar (2G) Or Cereal w/Toast (2G) ----- Juice, Fresh or Prepared Fruit Non or Low Fat Milk</p>	<p>15 Whole Grain Doughnut (2G) Or Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat Milk</p>	<p>16 Cinnamon Roll or Cereal w/ww Toast (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat Milk</p>	<p>17 Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit</p>	<p>18 Egg and Cheese Wrap (2G) Or Cereal w/Toast (2G) ----- 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 Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit Non-or-Low Fat Milk</p>	<p>23 Cinnamon Roll or Cereal w/ww Toast (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat Milk</p>	<p>24 French Toast Sticks (2G) 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 Cereal w/Toast (2G) ----- 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 Whole Grain Doughnut (2G) Or Cereal w/1/2 EM (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat Milk</p>	<p>30 Cinnamon Roll or Cereal w/ww Toast (2G) ----- Juice, Fresh or Prepared Fruit Non-or Low-Fat Milk</p>	<p>31 Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit</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.