

LCHS
2020/2021



BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>SAUSAGE PANCAKE ON STICK- 18 GRAMS 2 CT. POPTARTS-100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES Week ONE</p>	<p>YOGURT-14 GRAMS & BREAKFAST BURRITTO – 25 GRAMS</p> <p>SAUSAGE BISCUIT – 27 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>BISCUIT STICKS/w GRAVY – 20 GRAMS 2 CT. POPTARTS – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>PANCAKES/w SYRUP- 35 GRAMS SAUSAGE LINKS – 23 GRAMS 2 CT. POPTARTS – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>EGG, CHEESE, BACON BISCUIT – 29 GRAMS</p> <p>SAUSAGE BISCUIT – 27 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>
<p>OMELET – 1 BISCUIT – 27 GRAMS YOGURT – 14 GRAMS 2 CT. POPTARTS</p> <p>JUICE</p> <p>MILK CHOICES Week Two Dates</p>	<p>CHICKEN STRIPS/w GRAVY & TOAST – 40 GRAMS</p> <p>CEREAL BOWL (LARGE) – 44 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>SAUSAGE BISCUIT – 27 GRAMS 2 CT. POPTARTS – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>CEREAL BOWL –(LARGE) – 44 GRAMS w/ MUFFIN – 30 GRAMS</p> <p>SAUSAGE BISCUIT – 27 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>FRENCH TOAST – 34 GRAMS</p> <p>SAUSAGE LINKS – 23 GRAMS 2 CT. POPTARTS- 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>
<p>SAUSAGE BISCUIT – 27 GRAMS 2 CT. POPTARTS – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES Week Three Dates</p>	<p>BREAKFAST PIZZA! SAUSAGE & GRAVY – 25 GRAMS SAUSAGE & CHEESE -17 GRAMS SAUSAGE BISCUIT – 27 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>BISCUIT STICKS/w/GRAVY – 20 GRAMS 2 CT. POPTARTS – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>PANCAKES – w/SYRUP 35 GRAMS SMALL CEREAL BOWLS – 28 GRAMS OR SAUSAGE BISCUIT – 27 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>CHICKEN BISCUIT – 33 GRAMS 2 CT. POPTARTS – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>
<p>EGG, CHEESE, BACON BISCUIT – 29 GRAMS 2 CT. BISCUIT – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES Week Four Dates</p>	<p>BISCUIT STICKS/w GRAVY- 20 GRAMS SAUSAGE & BISCUIT – 27 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>FRENCH TOAST – 34 GRAMS w/ SAUSAGE PATTIES – 28 GRAMS 2 CT. POPTARTS – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>CHICKEN STRIPS/w GRAVY & TOAST – 40 GRAMS 2 CT. POPTARTS – 100 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>	<p>OMELET – 1 GRAM /w BISCUIT - 13 GRAMS w/YOGURT -47 GRAMS</p> <p>SAUSAGE BISCUIT – 27 GRAMS</p> <p>JUICE</p> <p>MILK CHOICES</p>
<p>Week One Dates: 09/28/2020 11/02/2020 11/30/2020 01/04/2021 02/01/2021 03/01/2021 03/29/2021 05/03/2021</p>	<p>Week Two Dates 10/12/2020 11/09/2020 12/07/2020 01/11/2021 02/08/2021 03/08/2021 04/21/2021 05/10/2021</p>	<p>Week Three Dates 10/19/2020 11/16/2020 12/14/2020 01/18/2021 02/15/2021 03/15/2021 04/19/2021 05/17/2021</p>	<p>Week Four Dates 10/26/2020 11/23/2020 01/25/2021 02/22/2021 03/22/2021 04/26/2021 05/24/2021</p>	

News

FRUIT:
MONDAYS:

CANNED FRUIT

TUESDAY:
APPLE SLICES

WEDNESDAY:
GRAPES

THURSDAY:
BANANA

FRIDAY:
PEACH CUP OR
STRAWBERRY CUP