

LNS Breakfast 2018/19

February 2019

Mon	Tue	Wed	Thu	Fri
28 French Toast Croissant w/ Egg Applesauce Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk	29 Yogurt, Greek, ZOI Mixed Berries Fresh Apples Toast, 12 grain 1% Milk Nonfat Chocolate Milk	30 NO SCHOOL	31 Croissant w/Egg Strawberries Smoothie, Watermelon/Raspberry Waffle Sticks, Whole Grain 1% Milk Nonfat Chocolate Milk	1 Country Potato Bowl w/ Scrambled Eggs Croissant w/ Egg Fresh Apples Fresh Oranges Smoothie, Watermelon/Raspberry Toast 1% Milk Nonfat Chocolate Milk
4 Pancake on a Stick Croissant w/ Egg & Bacon Applesauce Fresh Oranges Smoothie, Watermelon/Raspberry 1% Milk Nonfat Chocolate Milk	5 Yogurt, Greek, ZOI Mixed Berries Fresh Apples Cereal, Frosted Flakes 1% Milk Nonfat Chocolate Milk	6 Scrambled Eggs Croissant w/ Egg Fresh Apples Fresh Oranges Smoothie, Strawberry/Banana, Toast 1% Milk Nonfat Chocolate Milk	7 French Toast Croissant w/Egg Applesauce Banana 1% Milk Nonfat Chocolate Milk	8 Biscuits & Gravy Fresh Oranges Fresh Apples Smoothie, Watermelon/Raspberry 1% Milk Nonfat Chocolate Milk
11 Strawberries Smoothie, Strawberry/Banana, Waffle Sticks, Whole Grain 1% Milk Nonfat Chocolate Milk	12 Yogurt, Greek, ZOI Mixed Berries Fresh Apples Toast 1% Milk Nonfat Chocolate Milk	13 Breakfast Burrito w/Chorizo, Egg & Cheese Croissant w/Egg Fresh Apples Fresh Oranges Smoothie, Strawberry/Banana, 1% Milk Nonfat Chocolate Milk	14 Croissant w/ Egg Banana Fresh Apples Pancakes, Shepard's Grain 1% Milk Nonfat Chocolate Milk	15 Scrambled Eggs w/Cheese Banana Fresh Apples Smoothie, Watermelon/Raspberry Toast Cereal, Frosted Flakes 1% Milk Nonfat Chocolate Milk
18 NO SCHOOL	19 Yogurt, Greek, ZOI Croissant w/ Egg & Sausage Bits Mixed Berries Smoothie, Strawberry/Banana, Toast, 12 grain 1% Milk Nonfat Chocolate Milk	20 Scrambled Eggs w/Cheese Fresh Apples Fresh Oranges Smoothie, Watermelon/Raspberry Toast 1% Milk Nonfat Chocolate Milk	21 Croissant w/Egg Strawberries Smoothie, Watermelon/Raspberry Waffle Sticks, Whole Grain 1% Milk Nonfat Chocolate Milk	22 Salmon (Fish) Hash Banana Fresh Apples Smoothie, Watermelon/Raspberry Toast 1% Milk Nonfat Chocolate Milk

<p>25</p> <p>Pancake on a Stick</p> <p>Croissant w/Egg</p> <p>Fresh Apples</p> <p>Fresh Oranges</p> <p>1% Milk</p> <p>Nonfat Chocolate Milk</p>	<p>26</p> <p>Yogurt, Greek, ZOI</p> <p>Croissant w/ Egg</p> <p>Mixed Berries</p> <p>Smoothie, Strawberry/Banana,</p> <p>Cereal, Frosted Flakes</p> <p>1% Milk</p> <p>Nonfat Chocolate Milk</p>	<p>27</p> <p>Country Potato Bowl w/ Scrambled Eggs</p> <p>Fresh Apples</p> <p>Fresh Oranges</p> <p>Smoothie, Watermelon/Raspberry</p> <p>Toast</p> <p>1% Milk</p> <p>Nonfat Chocolate Milk</p>	<p>28</p> <p>French Toast</p> <p>Croissant w/ Egg</p> <p>Applesauce</p> <p>Smoothie, Strawberry/Banana,</p> <p>Fresh Apples</p> <p>1% Milk</p> <p>Nonfat Chocolate Milk</p>	<p>1</p> <p>Biscuit w/ Sausage</p> <p>Fresh Oranges</p> <p>Fresh Apples</p> <p>Smoothie, Strawberry/Banana,</p> <p>1% Milk</p> <p>Nonfat Chocolate Milk</p>
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9-12 Lunch SY 18-19

February 2019

Mon	Tue	Wed	Thu	Fri
28 Sweet & Sour Chicken Caesar Salad Salad Bar 9-12 Fresh Apples Long Grain Brown Rice, 1/2 c. 1% Milk Nonfat Chocolate Milk	29 Taco Bowl Caesar Salad Salad Bar 9-12 Refried Beans, Cooked from Canned (1/2 cup) Fresh Apples Medium Grain Rice B-03 1% Milk Nonfat Chocolate Milk	30 Semester Workday	31 Chicken Strips Caesar Salad Salad Bar 9-12 Mashed Potatoes Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk	1 Chile con Carne with Beans Macaroni & Cheese Caesar Salad Salad Bar 9-12 Fresh Apples Cornbread, WG Roll, Wheat 1% Milk Nonfat Chocolate Milk
4 Teriyaki Chicken Stir Fry Turkey Sandwich Salad Bar 9-12 Caesar Salad Fresh Apples Long Grain Brown Rice, 1/2 c. Roll, Wheat 1% Milk Nonfat Chocolate Milk	5 Turkey Roast Salad Bar 9-12 Caesar Salad Mashed Potatoes Orange Glazed Carrots Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk Chicken or Turkey Gravy	6 Pizza Cheese Pretzel Caesar Salad Salad Bar 9-12 Marinara Sauce Dipping Cup Fresh Apples 1% Milk Nonfat Chocolate Milk	7 Pulled Pork Sandwich Turkey Sandwich Caesar Salad Baked Beans Salad Bar 9-12 Fresh Apples 1% Milk Nonfat Chocolate Milk	8 Lasagna Turkey Sandwich Caesar Salad Broccoli, Cooked Fresh Apples Garlic Bread Stick 1% Milk Nonfat Chocolate Milk
11 Chicken Nuggets Tater Tots Caesar Salad Salad Bar 9-12 Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk	12 Clam Chowder Hoagie Salad Bar 9-12 Caesar Salad Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk	13 Pizza Cheese Pretzel Caesar Salad Marinara Sauce Dipping Cup Salad Bar 9-12 Fresh Apples 1% Milk Nonfat Chocolate Milk	14 Hamburger Hoagie Potato Wedges Caesar Salad Salad Bar 9-12 Fresh Apples 1% Milk Nonfat Chocolate Milk	15 Chicken Alfredo Caesar Salad Cut Broccoli, Cooked from Fresh (1/2 cup) Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk
18 Presidents Day	19 Baked Salmon Hoagie Salad Bar 9-12 Caesar Salad Fresh Apples Long Grain Brown Rice, 1/2 c. Roll, Wheat 1% Milk Nonfat Chocolate Milk	20 Pizza Cheese Pretzel Caesar Salad Marinara Sauce Dipping Cup Salad Bar 9-12 Fresh Apples 1% Milk Nonfat Chocolate Milk	21 Hot Dog Caesar Salad Baked Beans Salad Bar 9-12 Fresh Apples Tortilla Chip 1% Milk Nonfat Chocolate Milk	22 Spaghetti and Meat Sauce Hoagie Caesar Salad Golden Corn & Carrots Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk

25 Chicken Strips Hoagie Caesar Salad Potato Wedges Salad Bar 9-12 Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk	26 Bean and Cheese Nacho Burrito Turkey Sandwich Salad Bar 9-12 Caesar Salad Fresh Apples Spanish Rice Tortilla Chip 1% Milk Nonfat Chocolate Milk	27 Pizza Cheese Pretzel Hoagie Salad Bar 9-12 Caesar Salad Fresh Apples 1% Milk Nonfat Chocolate Milk	28 Chicken Burger Hoagie Spiral Cut French Fries Caesar Salad Salad Bar 9-12 Fresh Apples 1% Milk Nonfat Chocolate Milk	1 WG Macaroni and Cheese Hoagie Caesar Salad Salad Bar K-6 Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk
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