

Lackawanna Trail High School

April 2019 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Strawberry Flip or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	2 Dutch Waffle or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	3 Bagel with Cream Cheese or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	4 Ring Donut or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	5 Blueberry Muffin or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk
8 Ultra Banana Bread or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	9 Eggo Confetti Pancakes or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	10 Strawberry Patch Smoothie or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	11 CC Muffin Top or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	12 Pillsbury Mini Cinnis Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk
15 WG Mini Donuts or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	16 Oven Baked Cinnamon Rolls or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	17 Apple Roll or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	18 Ring Donut or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	19 No School Spring Break
22 No School Spring Break	23 Benefit Bar or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	24 Eggo Waffles or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	25 Cinnamon Bun Stick or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	26 Donut Stick with Belly Bears or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk
29 CC Muffin or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	30 Oven Baked Cinnamon Rolls or Assorted Whole Grain Cereal with Belly Bears Chilled Juice and Fruit Low Fat Milk	<i>Happy Easter!</i> 		 Whole Grains Available Daily

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins
 Chocolate Chip Oatmeal Breakfast Bar
 Fortified Breakfast Pastries
 Warm Bagels
 Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Breakfast Milk Choices Offered Daily

Fat Free White, Fat Free Chocolate, and Low Fat White

Proud to manage your food service program



Free Breakfast for All Students K-12

MENUS SUBJECT TO CHANGE

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE