

# Lackawanna Trail High School

## April 2024 Breakfast Menu

Food Service Director: Barb Cwikla  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Spring Break</b>	<b>2</b> Assorted Benefit Bars or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>3</b> Chocolate Chip French Toast or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>4</b> Bagel or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>5</b> Apple Frudel or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk
<b>8</b> Hadley WG Cinnamon Roll or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>9</b> Maple Cinnamon Waffles or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>10</b> French Toast Minis or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>11</b> Zee Zee Bar or French Toast Sticks or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>12</b> Chocolate Chip Muffin Flat or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk
<b>15</b> Mini Cinnis or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>16</b> WG Ring Donut or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>17</b> Maple Pancakes or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>18</b> Blueberry Overnight Oats or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>19</b> Chocolate Chip French Toast or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk
<b>22</b> General Mills Cereal Bar w/Crackers or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>23</b> Nature Valley Oatmeal Round or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>24</b> Banana Muffin Top or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>25</b> Maple Pancakes or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>26</b> Strawberry Flip or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk
<b>29</b> Hadley WG Cinnamon Roll or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk	<b>30</b> Warm Cinnamon Crunch Bar or Assorted Whole Grain Cereal with Crackers Chilled Juice and Whole Fruit Low Fat Milk			

### 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:**

Chocolate Chip Oatmeal Breakfast Bar

Fortified Breakfast Pastries

Warm Bagels

Yogurt with Belly Bears



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

**MENUS SUBJECT TO CHANGE**



### Breakfast

**Milk Choices Offered Daily**

Fat Free Chocolate Milk and 1% White Milk

**Proud to manage your food service program**



### Free Breakfast for All Students K-12

The School District does not discriminate on the basis of race, color, national origin, religion, sex, gender identity, sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity funded by USDA. Remedies and complaint filing deadlines vary by program or incident. EOE