




Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Assorted Benefit Bars Chilled Juice and Fresh Fruit Low Fat Milk	2 Breakfast Chicken Slider Chilled Juice and Fresh Fruit Low Fat Milk	3 Assorted Muffins Chilled Juice and Fresh Fruit Low Fat Milk	4 Goody Ring Chilled Juice and Fresh Fruit Low Fat Milk
7 Soft Filled Cinnamon Toast Crunch Bar Chilled Juice and Fresh Fruit Low Fat Milk	8 Mini Cinnamon Rolls Chilled Juice Fresh Fruit Low Fat Milk	9 Ham, Egg & Cheese English Muffin Chilled Juice and Fresh Fruit Low Fat Milk	10 Assorted Benefit Bars Chilled Juice and Fresh Fruit Low Fat Milk	11 Warm Apple Frudel Chilled Juice and Fresh Fruit Low Fat Milk
14 Mini French Toast Chilled Juice and Fresh Fruit Low Fat Milk	15 Mini Blueberry Pancakes Chilled Juice and Fresh Fruit Low Fat Milk	16 Egg & Cheese Bagel Chilled Juice and Fresh Fruit Low Fat Milk	17 Warm Chocolate Crescent Chilled Juice and Fresh Fruit Low Fat Milk	18 No School
21 No School	22 Assorted Muffin Tops Chilled Juice and Fresh Fruit Low Fat Milk 	23 Sausage, Egg & Cheese Biscuit Chilled Juice and Fresh Fruit Low Fat Milk	24 Mini Strawberry Cream Cheese Bagel Chilled Juice and Fresh Fruit Low Fat Milk	25 Warm Apple Roll Chilled Juice and Fresh Fruit Low Fat Milk
28 Mini Eggo Pancakes Chilled Juice and Fresh Fruit Low Fat Milk	29 Warm Cinnamon Roll Chilled Juice and Fresh Fruit Low Fat Milk	30 Breakfast Pizza Chilled Juice and Fresh Fruit Low Fat Milk	Earth Day Adopt healthy nutrition and environmental habits.	

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
Choice of 2 whole grains or 1 whole grain and a
meat/meat alternate
Choice of 2 fruits and Choice of low-fat milk.
*½ c serving of fruits or vegetables must be
one of the 3 components

MILK OPTIONS

1% White, Fat Free Chocolate

FRUIT OPTIONS

May choose 2 - ½ cup servings
Crisp Apple, Banana, Fresh Orange, Fresh
Apple Slices, Applesauce, Raisins, Craisins, Sliced
Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin
Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

Assorted Cereal w/ Crackers

Yogurt w/ Belly Bears

Assorted Pastries, Muffins and Breakfast Bars

