

Director of Food & Nutrition
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National School
Breakfast Week

	Monday	Tuesday	Wednesday	Thursday	Friday
3	Assorted Benefit Bars Chilled Juice and Fresh Fruit Low Fat Milk	4 Bagel w/ Cream Cheese Chilled Juice and Fresh Fruit Low Fat Milk	5 Breakfast Chicken Slider Chilled Juice and Fresh Fruit Low Fat Milk	6 WG Iced Donut Chilled Juice and Fresh Fruit Low Fat Milk	7 Breakfast Pizza Chilled Juice and Fresh Fruit Low Fat Milk
	10 Soft Filled Cinnamon Toast Crunch Bar Chilled Juice and Fresh Fruit Low Fat Milk	11 Mini Cinnamon Rolls Chilled Juice Fresh Fruit Low Fat Milk	12 Ham, Egg & Cheese English Muffin Chilled Juice and Fresh Fruit Low Fat Milk	13 Assorted Benefit Bars Chilled Juice and Fresh Fruit Low Fat Milk	14 Mini French Toast Chilled Juice and Fresh Fruit Low Fat Milk
	17 Warm Apple Frudel Chilled Juice and Fresh Fruit Low Fat Milk	18 Mini Blueberry Pancakes Chilled Juice and Fresh Fruit Low Fat Milk	19 Egg & Cheese Bagel Chilled Juice and Fresh Fruit Low Fat Milk	20 Warm Chocolate Crescent Chilled Juice and Fresh Fruit Low Fat Milk	21 Goody Ring Chilled Juice and Fresh Fruit Low Fat Milk
	24 Mini Eggo Pancakes Chilled Juice and Fresh Fruit Low Fat Milk	25 Assorted Muffin Tops Chilled Juice and Fresh Fruit Low Fat Milk	26 Sausage, Egg & Cheese Biscuit Chilled Juice and Fresh Fruit Low Fat Milk	27 Mini Strawberry Cream Cheese Bagel Chilled Juice and Fresh Fruit Low Fat Milk	28 Warm Apple Roll Chilled Juice and Fresh Fruit Low Fat Milk
	31 Mini Eggo Waffles Chilled Juice and Fresh Fruit Low Fat Milk	<h2 style="margin: 0;">National Nutrition Month</h2> <p style="margin: 0;">A healthy breakfast boosts your brain power all day.</p>			



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 - ¼ 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

