

# LMCS Breakfast Menu - October



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>1</b> Mini Waffles Sausage Patty Fruit  Juice Choice Milk Choice	<b>2</b> Cereal Uncrustable Fruit  Juice Choice Milk Choice	<b>3</b> Mini Cinnis Fruit  Juice Choice Milk Choice	<b>4</b> Egg/Cheese Omelet Muffin Fruit  Juice Choice Milk Choice
<b>7</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>8</b> Breakfast Combo Bar Yogurt Fruit  Juice Choice Milk Choice	<b>9</b> Cereal Donut Fruit  Juice Choice Milk Choice	<b>10</b> Egg/Cheese Biscuit Fruit  Juice Choice Milk Choice	<b>11</b> French Toast/Sausage Tornado Fruit  Juice Choice Milk Choice
<b>14</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>15</b> Pancake/Sausage on a Stick Fruit  Juice Choice Milk Choice	<b>16</b> Cereal Uncrustable Fruit  Juice Choice Milk Choice	<b>17</b> Breakfast Combo Link Muffin Fruit  Juice Choice Milk Choice	<b>18</b> Granola Bar Yogurt Fruit  Juice Choice Milk Choice
<b>21</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>22</b> Breakfast Combo Link Muffin Fruit  Juice Choice Milk Choice	<b>23</b> Cereal Donut Fruit  Juice Choice Milk Choice	<b>24</b> Breakfast Pizza Fruit  Juice Choice Milk Choice	<b>25</b> French Toast/Sausage Tornado Fruit  Juice Choice Milk Choice
<b>28</b> Cereal Toast Fruit  Juice Choice Milk Choice	<b>29</b> Breakfast Combo Bar Yogurt Fruit  Juice Choice Milk Choice	<b>30</b> Cereal Uncrustable Fruit  Juice Choice Milk Choice	<b>31</b> Sausage/Cheese Biscuit Fruit  Juice Choice Milk Choice	

**"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER " Menus are subject to change**

Juice Choice: Apple or Orange

Milk Choice: Skim White Milk or Chocolate Skim Milk