

Lebanon Middle School

2023 BREAKFAST MENU

WHAT COMES WITH A MEAL?

- Choice of Entrée Item:
 - Featured Hot Entrée OR
 - Daily 'Pick 2' Items Entrée
 - 1 Cup of Fruit – limit 4oz Fruit Juice
 - Choice of Milk
- (Must choose at least ½ cup fruit or veg to make it a meal)

MON	TUES	WED	THURS	FRI
EGG & CHEESE BISCUIT	BACON, EGG & CHEESE ENGLISH MUFFIN	SAUSAGE & CHEESE BISCUIT	BACON, EGG, & CHEESE BAGEL	BISCUIT & SAUSAGE GRAVY
FRENCH TOAST STICKS	FRUDEL	CINNAMON ROLL	CHOCOLATE CRESCENT	PANCAKE BITES

DONUTS, MINI WAFFLES, BREAKFAST PIZZA OR PANCAKE WRAP SERVED DAILY

DAILY PICK TWO: CEREAL BOWL, GRANOLA BAR, MUFFIN, POP TART, GRAHAMS, CRACKERS, CHEESE STICK, YOGURT

MILK CHOICES

1%, Skim, Fat Free Flavored

FRUIT CHOICES

- WHOLE FRESH FRUIT
- FRESH APPLE SLICES
- CHILLED STRAWBERRY, MIXED BERRY AND PEACH CUPS
- RAISINS
- ASSORTED CANNED FRUITS
- 100% FRUIT JUICES



WHOLE GRAINS & LEAN PROTEINS

- GRAIN CHOICES ARE ALL WHOLE GRAIN RICH!
- PROTEIN CHOICES ARE LOW-FAT AND REDUCED SODIUM