



Alternatives Daily Selections
 Muffin Meal
 Cereal Meal
 Danish/Roll Meal
 Hot Special Alternative

LRMS BREAKFAST MENU Monday – Friday 2019 \$1.50

Monday	Tuesday	Wednesday	Thursday	Friday
Egg & Cheese or Ham Egg & Cheese on Flatbread Mini Maple Pancakes, Muffin, Cereal, Cinnamon or Sweet Potato Roll With Assorted Fruit and Milk or Fruit Juice	Egg & Cheese or Ham Egg & Cheese on WG Croissant Hash Brown Mini Maple Pancakes, Muffin, Cereal, Cinnamon or Sweet Potato Roll With Assorted Fruit and Milk or Fruit Juice	Egg & Cheese or Turkey Sausage Egg & Cheese on WW English Muffin Mini Maple Pancakes, Muffin, Cereal, Cinnamon or Sweet Potato Roll With Assorted Fruit and Milk or Fruit Juice	Egg & Cheese or Turkey Sausage Egg & Cheese on WW Bagel Hash Brown Mini Maple Pancakes, Muffin, Cereal, Cinnamon or Sweet Potato Roll With Assorted Fruit and Milk or Fruit Juice	Egg & Cheese or Ham Egg & Cheese on Wheat Bread Mini Maple Pancakes, Muffin, Cereal, Cinnamon or Sweet Potato Roll With Assorted Fruit and Milk or Fruit Juice
Fresh Fruit & Vegetable Selection (includes but not limited to)				
Cucumber Coins Baby Carrots Assorted Chilled Fruit Fresh Whole Fruit	Carrot and Celery Sticks Assorted Chilled Fruit Fresh Whole Fruit	Red Bell Pepper Strips Cherry Tomatoes Chilled Peaches Fresh Whole Fruit	Carrot and Celery Sticks Fresh Broccoli Florets Fresh Whole Fruit	Colorful Tossed Salad Red Bell Pepper Strips Chilled Fruit Cocktail Fresh Whole Fruit

Why Eat Breakfast ?

Eating a Nutritious Breakfast including all 5 nutrient groups is the best way to get brain cells fired up. Improving memory and concentration and starting the metabolism

We provide free & reduced meals for all families that are eligible. Applications are available on the Region 16 website or call us at 203-758-6671 for details



Breakfast

USDA is an equal opportunity employer and provider.

<https://www.region16ct.org> MySchoolBucks.com

Middle School SELECTION INCLUDES: A full student Breakfast includes a choice of entrée supplying protein and grain, one (1) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.