

# What's on the Menu?

December 2023

## Lincoln Middle and High School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Daily Offerings
				<sup>1</sup> Egg, & Cheese on a Bagel	<b>Assorted Cereals</b> <b>Bagels</b> <b>Fresh Fruit, Chilled Fruit</b> <b>Craisins, Raisins</b> <b>100% Fruit Juice</b> <b>1% Low Fat Milk</b> <b>Fat Free Chocolate Milk</b>
<sup>4</sup> Sausage, Egg, & Cheese on a Biscuit	<sup>5</sup>  Cranberry Orange Muffin	<sup>6</sup> Pancakes Breakfast Syrup	<sup>7</sup> Blueberry Breakfast Yogurt Parfait with Granola	<sup>8</sup> Ham, Egg, & Cheese on an English Muffin	
<sup>11</sup> Breakfast Burrito Ham, Egg & Cheese	<sup>12</sup>  Apple Muffin	<sup>13</sup> Breakfast Pizza Eggs, Sausage, Onion, Green Peppers	<sup>14</sup> Very Berry Breakfast Yogurt Parfait with Granola	<sup>15</sup> Egg & Cheese Wrap	
<sup>18</sup> Turkey Ham, Egg, & Cheese on a Bagel	<sup>19</sup>  Blueberry Muffin	<sup>20</sup> French Toast Sticks Breakfast Syrup	<sup>21</sup> Strawberry Breakfast Yogurt Parfait with Granola	<sup>22</sup> Breakfast Burrito Ham, Egg & Cheese	
<sup>25</sup>	<sup>26</sup> <sup>27</sup> <b>HAPPY HOLIDAYS</b>			<sup>29</sup>	



Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.



Vegetarian



Locally Grown

 Full menus available on Nutrislice!

 **smartwells**  
serving up happy & healthy

This institution is an equal opportunity provider.

Meal prices: \$1.25 Full \$0.30 Reduced  
All meals served with milk, chocolate milk or 100% fruit juice