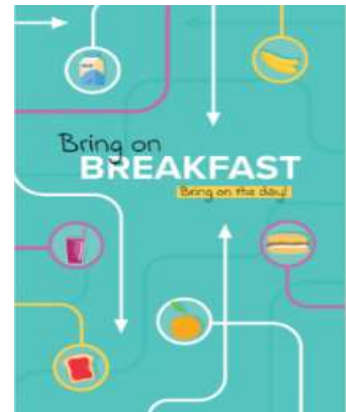


What's on the Menu?

November 2023

Lincoln High & Middle School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Daily Offerings
		 1 Turkey Ham, Egg, & Cheese on a Bagel	 2 Strawberry Breakfast Yogurt Parfait with Granola	 3 Egg, & Cheese on a Bagel	Assorted Cereals Bagels Fresh Fruit, Chilled Fruit Craisins, Raisins 100% Fruit Juice 1% Low Fat Milk Fat Free Chocolate Milk
6 Ham, Egg, & Cheese on a Biscuit	 7 Cranberry Orange Muffin	 8 Pancakes Breakfast Syrup	 9 Very Berry Breakfast Yogurt Parfait with Granola	10 Ham, Egg, & Cheese on an English Muffin	
13 	 14 Apple Muffin	15  Breakfast Pizza Eggs, Sausage, Onion, Green Peppers	 16 Strawberry Breakfast Yogurt Parfait with Granola	 17 Egg & Cheese Wrap	
 20 Turkey Ham, Egg, & Cheese on a Bagel	 21 Blueberry Muffin	 22 French Toast Sticks Breakfast Syrup	23 	24 NO SCHOOL	
27 Ham, Egg, & Cheese on an English Muffin	 28 Cranberry Orange Muffin	 29 Pancakes Breakfast Syrup	 30 Strawberry Breakfast Yogurt Parfait with Granola		



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!

 **carnartwells**
serving up happy & healthy

This institution is an equal opportunity provider.

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