

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		

 Vegetarian  Locally Grown

 Full menus available on Nutrislice!

 **cranwell's**
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