

Larson, Boulan, & Smith Breakfast Menu



June 2018



BREAKFAST

JUNE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
4 th -8 th	Ham, Egg, & Cheese on an English Muffin Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Casserole Sausage English Muffin Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Pizza Egg & Cheese Biscuit V Cereal/Cereal Bars V Muffins/Pop-tarts V	Colby Cheese Omelet with Biscuit V Fruit Smoothie V Cereal/Cereal Bars V Muffins/Pop-tarts V	Bacon & Egg English Muffin Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V
11 ^h -15 th	Breakfast Sandwich Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Sandwich Fruit Smoothie V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Sandwich Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Sandwich Fruit Smoothie V Cereal/Cereal Bars V Muffins/Pop-tarts V	Breakfast Sandwich Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 1 oz eq grain, 1 cup fruit, and 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian!