Lincoln Public Schools
6 - 12 Grade Breakfast Menu
FEBRUARY 2014

CHO Count Menu

White Low-Fat Milk- 13 gm, Skim Chocolate Milk- 20 gm, Strawberry Milk -23 gm, 26 oz regular syrup= 15 gm 1 TBL jelly= 10 gm

*juice, fruit and cereal- check package or ask kitchen manager for accurate carbohydrate

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 3	**FEBRUARY 4**	**FEBRUARY 5**	**FEBRUARY 6**	**FEBRUARY 7**
BUTTERMILK PANCAKES -42 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	BREAKFAST BACON SCRAMBLE+ -23 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	BREAKFAST BURRITO -25 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	BREAKFAST BITES+ -25 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	HOMEMADE CINNAMON COFFEE CAKE -32 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk
FEBRUARY 10	**FEBRUARY 11**	**FEBRUARY 12**	**FEBRUARY 13**	**FEBRUARY 14**
CHICKEN BREAKFAST SANDWICH - 26 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	BREAKFAST BAR -48 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	EGG & CHEESE ON BISCUIT -21 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	BREAKFAST TAC-GO -14 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	PANCAKE & SAUSAGE ON A STICK+-23 OR COLD CEREAL WG TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk
FEBRUARY 17	**FEBRUARY 18**	**FEBRUARY 19**	**FEBRUARY 20**	**FEBRUARY 21**
APPLE FRUDEL -36 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	SCRAMBLED EGGS WITH TOAST - 13 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	EGG, CHEESE & TURKEY SAUSAGE SUNRISE FLATBREAD -21 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	FRENCH TOAST STICKS -49 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	TURKEY HAM, EGG & CHEESE ON BISCUIT -28 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk
FEBRUARY 24	**FEBRUARY 25**	**FEBRUARY 26**	**FEBRUARY 27**	**FEBRUARY 28**
GOLDEN WAFFLES -50 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	CHEESY OMELET WITH TOAST- 13 OR COLD CEREAL WHOLE GRAIN TOAST 100% Fruit Juice OR Fruit Low-Fat Milk	BREAKFAST BAGEL -19 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	EGG & CHICKEN CHORIZO BREAKFAST WRAP -16 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk	HOT OATMEAL CEREAL14g/half cup WITH TOAST -13 OR COLD CEREAL WHOLE GRAIN TOAST -13 100% Fruit Juice OR Fruit Low-Fat Milk

Menu subject to change without notice. Menus also located at www.lps.org + Contains Pork The USDA is an equal opportunity provider & employer. Last Update : 1/9/2014

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