



NOVEMBER 2022

BREAKFAST MENU THE LINCOLN ACADEMY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Benefit Bar*
Fruit Choice

1
Pop Tart*
String Cheese
Fruit Choice

3
Egg & Cheese
On English Muffin*
Fruit Choice

4
Ubrs*
Fruit Choice

7
Donut*
Fruit Choice

8
Breakfast
Pizza*
Fruit Choice

9
Muffin *
String Cheese
Fruit Choice

10
Bagel*
Cream Cheese
Fruit Choice

11
NO
SCHOOL

14
Pancake on a
Stick*
Fruit Choice

15
Pop Tart*
Fruit Choice

16
Yogurt Cup
Graham Cracker*
Fruit Choice

17
Breakfast
Pizza*
Fruit Choice

18
Frudel*
Fruit Choice

21
Donut*
Fruit Choice

22
Egg & Cheese
On a Bagel*
Fruit Choice

23
NO
SCHOOL

24
NO
SCHOOL

25
NO
SCHOOL

28
Mini Waffles*
Fruit Choice

29
Egg & Cheese
Burrito*
Fruit Choice

30
Chocolate
Croissant*
Fruit Choice



Choice of
1% or
Skim
Offered
Daily

Menu Key: = Whole Grain*

**Choice of Assorted
WG* Cereal Offered Daily
Providing 1 half of daily requirement**

Choice of
Assorted
Juice
Offered
Daily