

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>3</p> <p>Big Daddy Pizza Steamed Broccoli Veggie & Fruit Bar Assorted Milk</p> | <p>4</p> <p>Salisbury Steak Mashed Potatoes & Gravy Veggie & Fruit Bar Assorted Milk</p> | <p>5</p> <p>Breakfast for Lunch Waffles Sausage, Hash Brown Veggie & Fruit Bar Assorted Milk</p> | <p>6</p> <p>Taco Bar Spanish Rice Veggie & Fruit Bar Assorted Milk</p> | <p>7</p> <p>Chili Cinnamon Roll Veggie & Fruit Bar Assorted Milk</p> |
| <p>10</p> <p>Mandarin Orange Chicken Steamed Brown Rice Broccoli Fortune Cookie Veggie & Fruit Bar Assorted Milk</p> | <p>11</p> <p>Meatball Sub Sandwich Coleslaw Veggie & Fruit Bar Assorted Milk</p> | <p>12</p> <p>Chicken Fajitas Roasted Corn & Black Bean Spanish Rice Veggie & Fruit Bar Assorted Milk</p> | <p>13</p> <p>Spaghetti Assorted Vegetables Roll Veggie & Fruit Bar Assorted Milk</p> | <p>14</p> <p>BBQ Rib Sandwich Baked French Fries Pudding Veggie & Fruit Bar Assorted Milk</p> |
| <p>17</p> <p>Chicken Fried Steak Mashed Potatoes & Gravy Steamed Green Beans Veggie & Fruit Bar Assorted Milk</p> | <p>18</p> <p>Penne Pasta with Alfredo Sauce Steamed Broccoli Veggie & Fruit Bar Assorted Milk</p> | <p>19</p> <p>Beef Nachos Holiday Dessert Veggie & Fruit Bar Assorted Milk</p> | <p>20</p> <p>Pizza Stix Steamed Carrots Chocolate Chip Cookie Veggie & Fruit Bar Assorted Milk</p> | <p>21</p> <p>Holiday Break</p> |
| <p>24</p> <p>Holiday Break</p> | <p>25</p> <p>Holiday Break</p> | <p>26</p> <p>Holiday Break</p> | <p>27</p> <p>Holiday Break</p> | <p>28</p> <p>Holiday Break</p> |
| <p>31</p> <p>Holiday Break</p> | <p>There is a choice of entrees served daily with unlimited fruit and vegetable bar A different entree is offered daily or a choice of the following entrees are also available</p> <ul style="list-style-type: none"> Specialty Pizza Chicken Patty Sandwich Hamburger on Bun Grab N' Go Salads | | | <p>Lunch: \$3.00 Reduced: \$.40 Free: \$.00</p> |



A la carte sales are available for purchase to all students and charges are applied to all students including free & reduced students

Breakfast

Lewis-Palmer High School Menu

Monday

Tuesday

Wednesday

Thursday

Friday

3
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

4
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

5
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

6
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

7
LPHS Breakfast Pizza
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

10
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

11
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

12
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

13
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

14
LPHS Breakfast Pizza
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

17
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

18
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

19
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

20
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

21
Holiday Break

24
Holiday Break

25
Holiday Break

26
Holiday Break

27
Holiday Break

28
Holiday Break

31
Holiday Break

School Information Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & all secondary schools

Breakfast: \$2.00
Reduced: \$.00
Free: \$.00



A good breakfast should include carbohydrate and protein. Carbs give you energy and protein slows the absorption of sugars and gives you staying power till your next meal.