

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal employer

Winter Break **1**
No School


Winter Break **2**
No School


Winter Break **3**
No School


Winter Break **4**
No School


Winter Break **7**
No School


French Toast Sticks or Pancake on a Stick **8**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

LPHS Egg Mc Muffin **9**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

Biscuit & Gravy **10**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

LPHS Breakfast Pizza **11**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

Sausage or Ham Burrito **14**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

French Toast Sticks or Pancake on a Stick **15**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

LPHS Egg Mc Muffin **16**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

Biscuit & Gravy **17**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

LPHS Breakfast Pizza **18**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

Sausage or Ham Burrito **21**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

French Toast Sticks or Pancake on a Stick **22**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

LPHS Egg Mc Muffin **23**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

Biscuit & Gravy **24**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

LPHS Breakfast Pizza **25**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

Sausage or Ham Burrito **28**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

French Toast Sticks or Pancake on a Stick **29**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

Cold Breakfast Only due to Delay Start **30**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

Biscuit & Gravy **31**
 Oatmeal Bar
 Whole Grain Muffin Variety
 Seasonal Fresh Fruit
 Fruit Juice
 Assorted Milk

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**


School Information Breakfast is served at Bear Creek, Palmer Lake, Lewis-Palmer Elementary Schools & all secondary schools
Reasons to Eat Breakfast- provides your body and brain with energy; helps you perform better in school by improving your concentration, memory and recall; improves your health by keeping a healthy weight