

Monday

Tuesday

Wednesday

Thursday

Friday

USDA is an equal employer

Did you know that the first breakfast cereal was made of graham flour in 1863 by James Jackson and he called it Granula. The Mayo Clinic recommends eating a breakfast of whole grains, lean protein along with fruits and vegetables. Try to include foods like oatmeal, eggs, peanut or sunbutter along with whole fruits and or vegetable for a breakfast meal

4
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

5
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

6
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

7
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

1
LPHS Breakfast Pizza
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

8
LPHS Breakfast Pizza
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

11
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

12
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

13
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

14
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

15
LPHS Breakfast Pizza
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

18
Sausage or Ham Burrito
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

19
French Toast Sticks or Pancake on a Stick
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

20
LPHS Egg Mc Muffin
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

21
Biscuit & Gravy
Oatmeal Bar
Whole Grain Muffin Variety
Seasonal Fresh Fruit
Fruit Juice
Assorted Milk

22
No School

25
Spring Break
No School

26
Spring Break
No School

27
Spring Break
No School

28
Spring Break
No School

29
Spring Break
No School

School Information

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

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

