

MAY 2019 LEWIS-PALMER HIGH SCHOOL

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

Monday Tuesday Wednesday **Thursday Friday** LPHS Breakfast Pizza LPHS Egg Mc Muffin **Biscuit & Gravy Oatmeal Bar Oatmeal Bar Oatmeal Bar** Whole Grain Muffin Variety Whole Grain Muffin Variety Whole Grain Muffin Variety Seasonal Fresh Fruit **Seasonal Fresh Fruit** Seasonal Fresh Fruit **Fruit Juice Fruit Juice Fruit Juice Assorted Milk Assorted Milk Assorted Milk** French Toast Sticks or LPHS Breakfast Pizza LPHS Egg Mc Muffin **Biscuit & Gravy** Sausage or Ham Burrito Pancake on a Stick **Oatmeal Bar Oatmeal Bar Oatmeal Bar Oatmeal Bar** Oatmeal Bar Whole Grain Muffin Variety Seasonal Fresh Fruit **Fruit Juice Fruit Juice Fruit Juice Fruit Juice Fruit Juice** Assorted Milk **Assorted Milk Assorted Milk** Assorted Milk **Assorted Milk** French Toast Sticks or 14 Sausage or Ham Burrito 13 15 16 LPHS Breakfast Pizza **Biscuit & Gravy** Pancake on a Stick **LPHS Egg Mc Muffin** Oatmeal Bar Oatmeal Bar **Oatmeal Bar Oatmeal Bar Oatmeal Bar** Whole Grain Muffin Variety Seasonal Fresh Fruit **Seasonal Fresh Fruit** Seasonal Fresh Fruit Seasonal Fresh Fruit Seasonal Fresh Fruit **Fruit Juice Fruit Juice** Fruit Juice Fruit Juice **Fruit Juice Assorted Milk Assorted Milk Assorted Milk Assorted Milk Assorted Milk** Sausage or Ham Burrito 20 23 24 French Toast Sticks or Biscuit & Gravv LPHS Egg Mc Muffin Pancake on a Stick **Oatmeal Bar Oatmeal Bar Oatmeal Bar Oatmeal Bar** Whole Grain Muffin Variety Whole Grain Muffin Variety Whole Grain Muffin Variety Whole Grain Muffin Variety **Seasonal Fresh Fruit Seasonal Fresh Fruit** Seasonal Fresh Fruit **Seasonal Fresh Fruit Fruit Juice Fruit Juice** Fruit Juice **Fruit Juice Assorted Milk Assorted Milk Assorted Milk Assorted Milk** 27 30 Fitness Tip: MyPlate 28 Thank you for recommends at least 60 We will see you minutes of physical activity supporting Nutritional USDA is an equal employer August 19 every day. Be active together as **Services** a family this summer and make physical activity fun for you all!

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