



FLC Breakfast April 2019

1 French Toast Sticks

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

2 Pancake Sausage Wrap

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

3 Breakfast Cinnamon Round

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

4 Banana Muffin

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

5 Breakfast Pizza

Honey Nut Cheerios or Golden Grahams w/ Toast
Pop tart & String Cheese
Grapes or Peaches
Apple Juice

8 Mini Pancakes

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

9 Cinnamon Donut

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

10 Scrambled Eggs w/ Cheese & Toast

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

11 Blueberry Muffin

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

12 Waffles

Honey Nut Cheerios or Golden Grahams w/ Toast
Pop tart & String Cheese
Grapes or Peaches
Apple Juice

15 Cherry Frudel

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

16 Glazed Donut

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

17 Cinnamon Roll

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

18 Pancake Sausage Wrap

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

19 NO SCHOOL

22 French Toast Sticks

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

23 Blueberry Muffin

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

24 Omelet w/ Hashbrown & Toast

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

25 Breakfast Pizza

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

26 Chicken on a Biscuit

Honey Nut Cheerios or Golden Grahams w/ Toast
Pop tart & String Cheese
Grapes or Peaches
Apple Juice

29 Waffles

Cocoa Puffs or Froot Loops w/ Toast
Yogurt and Scooby Snack
Apple or Pears
Grape Juice

30 Cinnamon Roll

Frosted Flakes or Lucky Charms w/ Toast
Cocoa Puffs Cereal Bar & Cheese Cubes
Fresh Orange or Mixed Fruit
Fruit Punch

1 Uncrustable

Cinnamon Toast Crunch or Apple Jacks w/ Toast
Peanut Butter & Toast
Pears or Applesauce
Orange Juice

2 Scrambled Eggs w/ Hashbrown & Toast

Frosted Mini Wheat Chocolate or Trix w/ Toast
Scooby Snack w/ Hard Boiled Egg
Banana or Raisins
Cherry Star Juice

3 Chocolate Muffin

Honey Nut Cheerios or Golden Grahams w/ Toast
Pop tart & String Cheese
Grapes or Peaches
Apple Juice

Menu Subject To Change

Drink Milk

Skim, 1%, or Chocolate Skim milk are offered daily.