

# LIBERTY CENTRAL SCHOOL DISTRICT BREAKFAST MENU 2016/17

LIBERTY HS		LIBERTY MS/ LIBERTY ES
<b>Monday</b>		<b>Monday</b>
<p>May take 2 WG Cereals <b>OR</b> one WG bagel with 1 butter pat or cream cheese <b>OR</b> <b>Sausage Egg &amp; Cheese Burrito w/salsa</b> AND <b>Juice &amp; Fresh Fruit**</b> Plus- May take one of each below: Choice of Skim, 1% Milk or FF Choc Milk</p>		<p style="text-align: center;"><b>BREAKFAST IN THE CLASSROOM</b></p> <p style="text-align: center;"><b>MS - Cereal Meal</b> Graham, Juicebox</p> <p style="text-align: center;"><b>ES - Cinni Mini</b> Fruit, Juice Choice of Skim, 1% Milk</p>
<b>Tuesday</b>		<b>Tuesday</b>
<p>May take 2 WG Cereals <b>OR</b> one WG bagel with 1 butter pat or cream cheese <b>OR</b> <b>WG Pancakes with Butter Pat &amp; Syrup</b> AND <b>Juice &amp; Fresh Fruit**</b> Plus- May take one of each below: Choice of Skim, 1% Milk or FF Choc Milk</p>	<p><b>Fun Facts about Breakfast.</b></p> <p style="text-align: center;"><b>DID YOU KNOW??</b></p> <p>The meaning of the word breakfast is to break from fasting. If you eat dinner at 6:00pm and you wake up the next morning to eat breakfast at 6:00 am, you have been fasting for 12 hours!!</p> <p style="text-align: center;"><b>Breakfast <u>REALLY</u> is the Most Important Meal of the day!</b></p> <p style="text-align: center;">Fuel up with a healthy breakfast to start your day!</p>	<p style="text-align: center;"><b>BREAKFAST IN THE CLASSROOM</b></p> <p style="text-align: center;"><b>MS - Breakfast on a Stick</b> Fruit, Juice</p> <p style="text-align: center;"><b>ES - Cereal Meal</b> Graham, Fruit, Juice Choice of Skim, 1% Milk</p>
<b>Wednesday</b>		<b>Wednesday</b>
<p>May take 2 WG Cereals or one WG bagel with 1 butter pat or cream cheese <b>OR</b> <b>WW French Toast w Syrup</b> <b>OR-Fruit/Yogurt Parfait/granola</b> AND <b>Juice &amp; Fresh Fruit**</b> Plus- May take one of each below: Choice of Skim, 1% Milk or FF Choc Milk</p>		<p style="text-align: center;"><b>BREAKFAST IN THE CLASSROOM</b></p> <p style="text-align: center;"><b>MS - Bagel</b> Fruit, Juice, Cream Cheese</p> <p style="text-align: center;"><b>ES - Breakfast on a Stick</b> Fruit, Juice Choice of Skim, 1% Milk</p>
<b>Thursday</b>		<b>Thursday</b>
<p>May take 2 WG Cereals or one WG bagel with 1 butter pat or cream cheese <b>OR</b> <b>WG Breakfast Pizza</b> AND <b>Juice &amp; Fresh Fruit**</b> Plus- May take one of each below: Choice of Skim 1% Milk or FF Choc Milk</p>		<p style="text-align: center;"><b>BREAKFAST IN THE CLASSROOM</b></p> <p style="text-align: center;"><b>MS- Maple Blast Mini Pancakes</b> Fruit, Juice</p> <p style="text-align: center;"><b>ES - Mixed Berry Bar Kit</b> Fruit, Juice Choice of Skim, 1% Milk</p>
<b>Friday</b>		<b>Friday</b>
<p>May take 2 WG Cereals or One WG Bagel with 1 butter pat or cream cheese <b>OR</b> <b>Bacon Egg and Cheese Muffin Sandwich</b> AND <b>Juice &amp; Fresh Fruit**</b> Plus- May take one of each below: Choice of Skim, 1% Milk or FF Choc Milk</p>	<p><small>**The USDA is an equal opportunity employer</small></p>	<p style="text-align: center;"><b>BREAKFAST IN THE CLASSROOM</b></p> <p style="text-align: center;"><b>MS &amp; ES</b> <b>WG Cereal Meal</b> Graham, Juice Box Fruit Choice of Skim, 1% Milk</p>