## Elizabeth Lee Black Breakfast Menu

## October 2023



				THE NUTRITION GROUP
<u>2.</u>	<u>3.</u>	<u>4.</u>	<u>5.</u>	<u>6.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Mini Loaf w/ Crackers	Assorted Mini French Toast	Assorted Muffin top w/ Crackers	Assorted Yogurt cup w/ crackers	Assorted Cereal w/ Crackers
Fresh Apple	Fresh Orange	Fresh Apple	Fresh Banana	Assorted Applesauce Cup
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
0	10	11	10	40
<u>9.</u>	<u>10.</u>	<u>11.</u>	<u>12.</u>	<u>13.</u>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Goody Ring	Assorted Mini French Toast	Cereal Blast Waffle	Assorted Yogurt cup w/ crackers	Assorted Cereal w/ Crackers
Assorted Fruit	Fresh Orange	Fresh Apple	Fresh Banana	Assorted Applesauce Cup
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>16.</u>	<u>17.</u>	<u>18.</u>	<u>19.</u>	<u>20.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cinnamon Roll	Mini Waffles	Egg & Cheese Biscuit	Assorted Yogurt cup w/ crackers	Assorted Cereal w/ Crackers
Assorted Fruit	Fresh Orange	Fresh Apple	Fresh Banana	Assorted Applesauce Cup
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>23.</u>	<u>24.</u>	<u>25.</u>	<u>26.</u>	<u>27.</u>
<u>Breakfast</u>	<u>Breakfast</u>	Breakfast	<u>Breakfast</u>	<u>Breakfast</u>
Waffle Snaps	Assorted Poptart w/ Crackers	Assorted Muffin Flats	Assorted Yogurt cup w/ crackers	Assorted Cereal w/ Crackers
Assorted Fruit	Fresh Orange	Fresh Apple	Fresh Banana	Assorted Applesauce Cup
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>30.</u>	<u>31.</u>			
Breakfast	<u>Breakfast</u>			
Benefit Bar	Fun & Fruitti Waffle			
Assorted Fruit	Fresh Orange			
Assorted Juice	Assorted Juice			
Milk	Milk			

In order to qualify for a reimbursable Breakfast this meal must include the following components: Meat/Meat Alternate, Fruit, Grains, Milk. **MENUS SUBJECT TO CHANGE** 

Breakfast Milk Choices Daily:

Fat Free Chocolate or 1% White

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