Elizabeth Lee Black Breakfast Menu

October 2025

		<u>1.</u>	<u>2.</u>	3. THE NUTRITION GROUP
		<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
		Sausage, Egg, & Cheese Bagel	Yogurt w/ Crackers	Assorted Muffins
		Applesauce Cup	Ripe Banana	Fresh Apple
		Assorted Juice	Assorted Juice	Assorted Juice
		Milk	Milk	Milk
<u>6.</u>	<u>7.</u>	<u>8.</u>	<u>9.</u>	<u>10.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Cereal w/ Crackers	Mini Blueberry Eggo Pancakes	Breakfast Chicken on a Biscuit	Yogurt w/ Crackers	Cinnamon Roll
Juicy Orange	Apple Slices	Applesauce Cup	Ripe Banana	Fresh Apple
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>13.</u>	<u>14.</u>	<u>15.</u>	<u>16.</u>	<u>17.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Cereal w/ Crackers	Banana Mini Loaf	Bacon, Egg, & Cheese Muffin	Yogurt w/ Crackers	Assorted Muffin Flats
Juicy Orange	Apple Slices	Applesauce Cup	Ripe Banana	Fresh Apple
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>20.</u>	<u>21.</u>	<u>22.</u>	<u>23.</u>	<u>24.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Cereal w/ Crackers	Mini Confetti Pancake Bites	Egg & Cheese Bagel	Yogurt w/ Crackers	Cinnamon Roll
Juicy Orange	Apple Slices	Applesauce Cup	Ripe Banana	Fresh Apple
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>27.</u>	<u>28.</u>	<u>29.</u>	<u>30.</u>	<u>31.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Cereal w/ Crackers	Mini French Toast Bites	Sausage, Egg, & Cheese Burrito	Yogurt w/ Crackers	Assorted Muffins
Juicy Orange	Apple Slices	Applesauce Cup	Ripe Banana	Fresh Apple
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk

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

Breakfast Milk Choices Daily:

Fat Free Chocolate or 1% White

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