

Leicester High School

Breakfast Menu

Monday

Tuesday

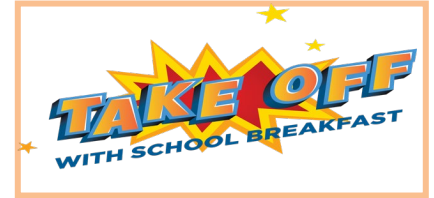
Wednesday

Thursday

Friday



964 Main Street Daily Breakfast Options



GRAINS

- Assorted WG Muffins
- Assorted WG Cereal
- Assorted WG Breakfast Bars
- Pumpkin Loaf
- Lemon Loaf
- Assorted WG Donuts
- WG Cinnamon Rolls
- Assorted WG Crescent Rolls
- Benefit Bars
- Crumb Cakes
- Apple Frudel

PROTEIN

Hot Breakfast Entrees

- Egg, Sausage, & Cheese on a WG Croissant or English Muffin
- Egg, Bacon, & Cheese on a WG Croissant or English Muffin
- WG French Toast Sticks
- WG Chocolate Chip Waffles
- WG Pancakes

WG= Whole Grain

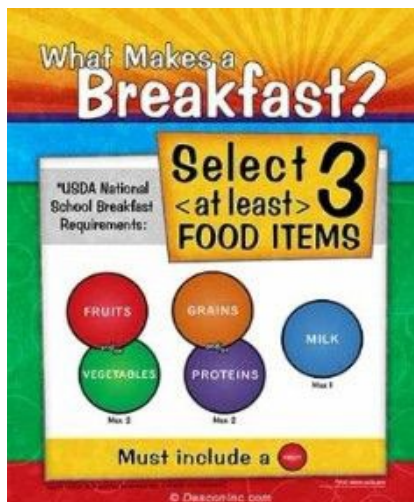
This Institution is an equal opportunity Provider.

FRUIT & Dairy

- Fruit Smoothies
- Assorted 100% Fruit Juice
- Assorted Fresh Fruit
- Assorted Fruit Cups
- Assorted Yogurt Cups
- 1% White Milk
- Low Fat Chocolate Milk

Milk is free with breakfast;
purchased separately \$.60

FREE



BREAKFAST

Take Off with School Breakfast

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

DAILY

Build A POWER FUELED
FREE Breakfast
Every Morning!

Choose at Least 3 items,
4 for Maximum FUEL
&

Always have your Fruit
As an Option

Served Daily 6:45 AM to 7:15 AM

Monday

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Thursday

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