

**LISBON CENTRAL SCHOOL
BREAKFAST MENU
2009-2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DANISH	WAFFLE SURUP	2 HARD BOILED EGG AND TOAST	3 PANCAKES	4 DONUT
7 NO SCHOOL	8 FRENCH TOAST WITH SYRUP	9 WAFFLES SURUP	10 CINNAMON ROLL	11 EGG AND CHEESE SANDWICH
14 FRENCH TOAST	15 BAGEL AND CREAM CHEESE	16 WAFFLES SYRUP	17 HARD BOILED EGG AND TOAST	18 PANCAKES
21 DANISH	22 EGG SANDWICH	23 FRENCH TOAST	24 DONUT	25 CINNAMON ROLL
28 WAFFLES	29 DANISH	30 BAGEL CREAM CHEESE		

NATIONAL SCHOOL BREAKFAST WEEK

**MONDAY THRU FRIDAY WE WILL OFFER HOT FRESH BAGEL WITH
CREAM CHEESE – EGG SANDWICH WITH CHEESE AND BACON –
CEREAL – POPTART – HOT OATMEAL WITH TOPPINGS – SRAMBELED
EGG AND HOT BISQUIT. ALL ARE SERVED WITH VARIETY FRESH FRUIT
OR JUICE AND MILK.**

MILK IS SERVED WITH EVERY MEAL- 2%-SKIM-LOW FAT CHOCOLATE

**CEREAL VARIETY& GRAHAM CRACKERS OR POP TART WILL BE
SERVED DAILY AS AN ALTERNATIVE**

FRESH OR CANNED FRUIT WILL BE SERVED WITH EVERY MEAL