

**LISBON CENTRAL SCHOOL
BREAKFAST MENU
2011-2012**

| 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