## Elizabeth Lee Black Breakfast Menu

July-August 2024

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<u>1.</u>	<u>2.</u>	<u>3.</u>	<u>4.</u>	5. THE NUTRITION GROUP
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>		
Assorted Cereal w/ Crackers	Cinnamon Rolls	Egg and Cheese Sandwich	NO SCHOOL	NO SCHOOL
Fresh Apple	Fresh Orange	Fresh Apple		
Assorted Juice	Assorted Juice	Assorted Juice		
<u>8.</u>	<u>9.</u>	<u>10.</u>	<u>11.</u>	<u>12.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Cereal w/ Crackers	Mini Chocolate Chip French Toast	Egg and Cheese Sandwich	Benefit Bars	Assorted Cream Cheese Bagels
Fresh Apple	Fresh Orange	Fresh Apple	Fresh Banana	Fresh Orange
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>15.</u>	<u>16.</u>	<u>17.</u>	<u>18.</u>	<u>19.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Cereal w/ Crackers	Assorted Crescents	Egg and Cheese Sandwich	Goody Ring	Benefit Bars
Fresh Apple	Fresh Orange	Fresh Apple	Fresh Banana	Fresh Orange
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>22.</u>	<u>23.</u>	<u>24.</u>	<u>25.</u>	<u>26.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Cereal w/ Crackers	Assorted Zee Zee Bars	Egg and Cheese Sandwich	Assorted Crescents	Assorted Cream Cheese Bagels
Fresh Apple	Fresh Orange	Fresh Apple	Fresh Banana	Fresh Orange
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Milk	Milk	Milk	Milk	Milk
<u>29.</u>	<u>30.</u>	<u>31.</u>	<u>1.</u>	<u>2.</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Assorted Cereal w/ Crackers	Assorted Crescents	Egg and Cheese Sandwich	Mini Chocolate Chip French Toast	Mini Loaf w/ Crackers
Fresh Apple	Fresh Orange	Fresh Apple	Fresh Banana	Fresh Orange
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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