

**BREAKFAST IS**  
**FREE**  
**FOR ALL STUDENTS**  
**EVERY SCHOOL DAY.**  
*(Just thought we'd remind you.)*

# FEB. 26 - APR. 27, 2018

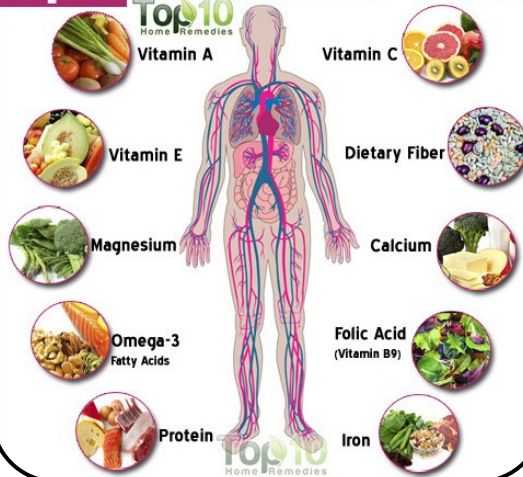
## LGA MIDDLE SCHOOL BREAKFAST

LEMON GROVE SCHOOL DISTRICT

Select at least **3** food items, **1** must be at least a 1/2 cup serving of fruit, juice and/or vegetable.

*Entrees count as 2 items.*

### Top 10 Essential Nutrients for Your Body



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| Mini Cinnamon French Toast                                      | Sweet Potato CC Muffin Top                                      | Breakfast Stuffed Cheese Sandwich                               | Mini Maple Pancakes   | Turkey Ham, Egg, Cheese on English Muffin                       |
| <i>Breakfast Benefit Bar: Oatmeal CC</i>                        | <i>Bagel &amp; Cream Cheese</i>                                 | <i>Mini Bagels with Strawberry Neufchatel Cheese</i>            | <i>Bagel &amp; Cream Cheese</i>                                 | <i>Breakfast Benefit Bar: Oatmeal CC</i>                        |
| <u>Cereal:</u> Rice Krispies or Cinnamon Toast w/ String Cheese | <u>Cereal:</u> Rice Krispies or Cinnamon Toast w/ String Cheese | <u>Cereal:</u> Rice Krispies or Cinnamon Toast w/ String Cheese | <u>Cereal:</u> Rice Krispies or Cinnamon Toast w/ String Cheese | <u>Cereal:</u> Rice Krispies or Cinnamon Toast w/ String Cheese |
| <i>1% or Nonfat White Milk</i>                                  | <i>1% or Nonfat White Milk</i>                                  | <i>1% or Nonfat White Milk</i>                                  | <i>1% or Nonfat White Milk</i>                                  | <i>1% or Nonfat White Milk</i>                                  |
| <i>Fresh Fruit &amp; Juice Served Daily</i>                     | <i>Fresh Fruit &amp; Juice Served Daily</i>                     | <i>Fresh Fruit &amp; Juice Served Daily</i>                     | <i>Fresh Fruit &amp; Juice Served Daily</i>                     | <i>Fresh Fruit &amp; Juice Served Daily</i>                     |

This institution is an equal opportunity provider. Menus are subject to change.