

DECEMBER 2021

LYERLY ELEMENTARY SCHOOL

BREAKFAST



Cafeteria Manager: Jessica Cabe

Menu subject to change due to product availability.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
USDA is an equal opportunity provider.

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Steak Biscuit OR
Bacon Biscuit OR
Cereal & Toast
Fruit
Juice
Milk

6

Chicken Biscuit OR
Egg/Cheese Biscuit OR
Cereal w/ Toast
Fruit
Juice
Milk

7

Breakfast Pizza OR
Sausage Biscuit OR
Cereal w/ Toast
Fruit
Juice
Milk

8

Syrup Day OR
Muffin OR Cereal w/ Toast
Fruit
Juice
Milk

9

Gravy Biscuit OR
Bacon/Egg/Chz Biscuit OR
Cereal w/ Toast
Fruit
Juice
Milk

10

Steak Biscuit OR
Bacon Biscuit OR
Cereal & Toast
Fruit
Juice
Milk

13

Chicken Biscuit OR
Egg/Cheese Biscuit OR
Cereal w/ Toast
Fruit
Juice & Milk

14

Breakfast Pizza OR
Sausage Biscuit OR
Cereal w/ Toast
Fruit
Juice
Milk

15

Syrup Day OR
Muffin OR Cereal w/ Toast
Fruit
Juice
Milk

16

TEACHER WORKDAY

17

CHRISTMAS BREAK

20

CHRISTMAS BREAK

21

CHRISTMAS BREAK

22

CHRISTMAS BREAK

23

CHRISTMAS BREAK

24

CHRISTMAS BREAK

27

CHRISTMAS BREAK

28

CHRISTMAS BREAK

29

CHRISTMAS BREAK

30

CHRISTMAS BREAK

31