North Cedar Lowden Breakfast Menu





This institution is an equal opportunity provider.





Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.



Reference: USDA MyPlate

Biscuits & Gravy Cinnamon French Muffin, Cereal, Cereal Toast, Sausage Links, Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

Syrup, Muffin, Cereal, Cereal Bar Pop Tart, Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

Twist Donut Muffin, Cereal, Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

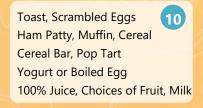
WEDNESDAY

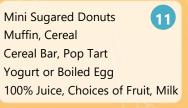
Toast, Omelet, Sausage Muffin, Cereal, Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk



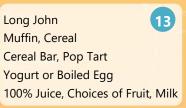
FRIDAY

Breakfast Bites, Syrup, K
Muffin, Cereal
Cereal Bar, Pop Tart
Yogurt or Boiled Egg
100% Juice, Choices of Fruit, Milk









Breakfast Pizza Bagel Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk Cinnamon Roll Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

French Toast Sticks Sausage, Syrup, Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk Toast, Omelet, Ham Patty Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

Donut 20 Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

Biscuits & Gravy Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk Blueberry Waffles, Sausage 24 Syrup, Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

Mini Sugared Donuts Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk Cook's Choice Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

Long John Muffin, Cereal Cereal Bar, Pop Tart Yogurt or Boiled Egg 100% Juice, Choices of Fruit, Milk

Memorial Day

No School



No School





