



*School breakfast will give your child a healthy start to the day.
A nutritious breakfast helps students be more alert so they can learn more in class.*

LAMAR COUNTY SCHOOLS BREAKFAST MENU 2020-2021

Grades K-12



Monday	Tuesday	Wednesday	Thursday	Friday
CHOICE OF: SAUSAGE BISCUIT GRAB-N-GO CEREAL STRAWBERRY PARFAIT	CHOICE OF: FRENCH TOAST STICKS SAUSAGE LINK GRAB-N-GO CEREAL STRAWBERRY PARFAIT	CHOICE OF: PANCAKES SAUSAGE LINK GRAB-N-GO CEREAL STRAWBERRY PARFAIT	CHOICE OF: SAUSAGE BISCUIT GRAB-N-GO CEREAL STRAWBERRY PARFAIT	CHOICE OF: BREAKFAST PIZZA GRAB-N-GO CEREAL STRAWBERRY PARFAIT
FRUIT OF THE DAY: PEACHES APPLE OR ORANGE JUICE	FRUIT OF THE DAY: APPLESAUCE CUP APPLE OR ORANGE JUICE	FRUIT OF THE DAY: ORANGE SLICES APPLE OR ORANGE JUICE	FRUIT OF THE DAY: BANANA APPLE OR ORANGE JUICE	FRUIT OF THE DAY: PINEAPPLE APPLE OR ORANGE JUICE
MILK	MILK	MILK	MILK	MILK

GRAB-N-GO OPTIONS:

POP TART WITH YOGURT OR STRING CHEESE, AND FRUIT/FRUIT JUICE
MUFFIN WITH YOGURT OR STRING CHEESE, AND FRUIT/FRUIT JUICE

BREAKFAST PRICES

Free Students: No Cost Employees: \$1.50 Paid Students \$1.25
Reduced Students: \$.30 Visitors: \$2.25

You must select at least 1/2 cup of fruit and a total of three components.