



# Liberty Valley Breakfast Menu April/May 2024

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| <b>4/8/24</b>   | <b>4/9/24</b>   | <b>4/10/24</b>  | <b>4/11/24</b>  | <b>4/12/24</b>  |
| Cinnamon Roll<br>or<br>Assorted Cereals<br>with additional grain choice                     | Bagel w/ Creamed Cheese<br>or<br>Assorted Cereals<br>with additional grain choice           | Warm Glazed Donut<br>or<br>Assorted Cereals<br>with additional grain choice                 | Belgian Waffles w/ Syrup<br>or<br>Assorted Cereals<br>with additional grain choice          | Breakfast Casserole<br>Bowl<br>or<br>Assorted Cereals<br>with additional grain choice       |
| Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk |
| <b>4/15/24</b>  | <b>4/16/24</b>  | <b>4/17/24</b>  | <b>4/18/24</b>  | <b>4/19/24</b>  |
| Eggo Pancakes with Syrup<br>or<br>Assorted Cereals<br>with additional grain choice          | Breakfast Pizza<br>or<br>Assorted Cereals<br>with additional grain choice                   | Scrambled Eggs w/ Toast<br>or<br>Assorted Cereals<br>with additional grain choice           | Dutch Waffles with Syrup<br>or<br>Assorted Cereals<br>with additional grain choice          | Breakfast Sandwich<br>or<br>Assorted Cereals<br>with additional grain choice                |
| Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk |
| <b>4/22/24</b>  | <b>4/23/24</b>  | <b>4/24/24</b>  | <b>4/25/24</b>  | <b>4/26/24</b>  |
| Pancake & Sausage on a Stick<br>or<br>Assorted Cereals<br>with additional grain choice      | French Toast w/ Syrup<br>or<br>Assorted Cereals<br>with additional grain choice             | Belgian Waffles w/ Syrup<br>or<br>Assorted Cereals<br>with additional grain choice          | Breakfast Pizza<br>or<br>Assorted Cereals<br>with additional grain choice                   | Breakfast Burritos<br>or<br>Assorted Cereals<br>with additional grain choice                |
| Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk |
| <b>4/29/24</b>  | <b>4/30/24</b>  | <b>5/1/24</b>   | <b>5/2/24</b>   | <b>5/3/24</b>   |
| Eggo Waffles with Syrup<br>or<br>Assorted Cereals<br>with additional grain choice           | Breakfast Pizza<br>or<br>Assorted Cereals<br>with additional grain choice                   | Waffles w/ Berries<br>or<br>Assorted Cereals<br>with additional grain choice                | Dutch Waffles with Syrup<br>or<br>Assorted Cereals<br>with additional grain choice          | Breakfast Casserole<br>Bowl<br>or<br>Assorted Cereals<br>with additional grain choice       |
| Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk |
| <b>5/6/24</b>   | <b>5/7/24</b>   | <b>5/8/24</b>   | <b>5/9/24</b>   | <b>5/10/24</b>  |
| Banana Boat<br>or<br>Assorted Cereals<br>with additional grain choice                       | French Toast w/ Syrup<br>or<br>Assorted Cereals<br>with additional grain choice             | Cinnamon Rolls<br>or<br>Assorted Cereals<br>with additional grain choice                    | Breakfast Pizza<br>or<br>Assorted Cereals<br>with additional grain choice                   | Breakfast Burritos<br>or<br>Assorted Cereals<br>with additional grain choice                |
| Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit<br>Choice of Milk |

### What is a Meal?

You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable  
(must take at least a 1/2 cup)  
and  
Choice of Milk  
Choice of Milk - 1% white, fat-free chocolate

You must take at least 1/2 cup of fruit or vegetable

### Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

### Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Fruity Cheerios  
Rice Crunch  
Kix  
Cheerios  
Fruit Loops  
Frosted Flakes



General Manager

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