



BREAKFAST MENU

THE LCJ SUMMIT MIDDLE SCHOOL

2019 – 2020

CHOOSE 1

Cold Breakfast Selections Available Daily

Assorted Cereals
Fresh Bagel with Cream Cheese or Butter
Large Fruit Muffin

Hot Breakfast Selections Available

Monday: Egg and Cheese on a Roll or Bagel
Tuesday: Whole Grain French Toast with Syrup
Wednesday: Ham, Egg, and Cheese on a Roll or Bagel
Thursday: Whole Grain French Toast with Syrup
Friday: Egg and Cheese on a Roll or Bagel

CHOOSE 2

100% Fruit Juice
Cupped Fruit
Fresh Fruit

CHOOSE 1

Non-Fat Chocolate Milk
1% Milk
Skim Milk



At least 50% of All Grains served
with your meal are Whole Grain Rich

"This institution is an equal
opportunity provider."