

Lincoln Elementary Breakfast Menu - October 2022



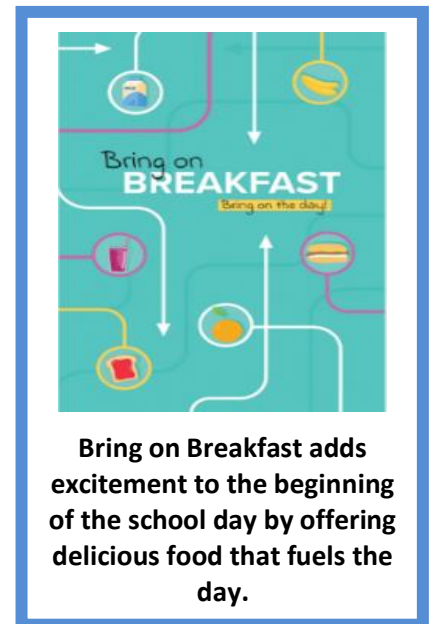
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| 3  Blueberry Muffin | 4 Bacon, Egg, & Cheese on an English Muffin | 5 Blueberry Breakfast Yogurt Parfait with Granola | 6 Pancakes Breakfast Syrup | 7 Bagel Sunbutter or Cream Cheese |
| 10  | 11 Cheddar & Egg Quesadilla Orange Wedges | 12 Strawberry Breakfast Yogurt Parfait with Granola | 13 French Toast Breakfast Syrup | 14 Bagel Cream Cheese and Jelly |
| 17  Cranberry Orange Muffin | 18 Sausage, Egg, & Cheese on a Biscuit | 19 Blueberry Breakfast Yogurt Parfait with Granola | 20 Waffles Breakfast Syrup | 21 Bagel Sunbutter or Cream Cheese |
| 24  Apple Muffin | 25 Ham, Egg & Cheese on and English Muffin | 26 Very Berry Breakfast Yogurt Parfait with Granola | 27 Pancakes Breakfast Syrup | 28 Bagel Cream Cheese and Jelly |
| 31  Carrot Muffin | | | | Any questions, please contact Mariah Perez the Director of Dining Services, 401 334 7532 or at mariah.perez@compass-usa.com |



Daily Options:

Assorted Cereals
Fresh Fruit

100% Fruit Juice
(Monday, Wednesday, Friday)



Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.

All items are made with whole grains.
All meals are served with a variety of fruits and vegetables, local when available.
All meals are served with milk (1% low fat white or fat free chocolate)
Menu is subject to change.
This institution is an equal opportunity provider.