Celebrate National School Breakfast Week  
March 3-7, 2014

Breakfast Menus:

### Monday
- Honey Sunshine Cereal or Belgian Waffles
- Variety Fruit
- Orange Juice

### Tuesday
- Cinnamon Toast Crunch Cereal or Pizza Bagel
- Variety Fruit
- Apple Juice

### Wednesday
- Toasty O’s Cereal or Cinnamon Roll
- Variety Fruit
- Orange Juice

### Thursday
- Froot Loops Cereal or Mini Pancakes
- Variety Fruit
- Wild Berry Juice

### Friday
- Variety Cereal or Cinnamon Apple Stick
- Variety Fruit
- Variety Juice

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**Elementary Menu**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Honey Nut Scooters</td>
<td>Cinnamon Toast Crunch Cereal or Bagel w/ Cream Cheese</td>
<td>Toasty O’s Cereal or Cinnamon Roll</td>
<td>Froot Loops Cereal or Mini Pancakes</td>
<td>Variety Cereal or Cinnamon Apple Stick</td>
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<tr>
<td>Honey Sunshine Cereal or Pancakes w/ Egg</td>
<td>Cinnamon Toast Crunch Cereal or Breakfast Turkey Sausage Bagel</td>
<td>Cocoa Puffs Cereal or Golden Spice Bread w/ String Cheese</td>
<td>Variety Cereal or Beef &amp; Bean Burrito</td>
<td>Extra Entrees: Low Fat Milk, Non Fat Chocolate Milk</td>
</tr>
<tr>
<td>Honey Nut Scooters</td>
<td>Cinnamon Toast Crunch Cereal or Breakfast Sausage Pizza</td>
<td>Cocoa Puffs Cereal or Waffle or ZAC Breakfast Bar</td>
<td>Cocoa Puffs Cereal or Oatmeal and Dried Cherries</td>
<td>Rice Chex Toasty O’s</td>
</tr>
<tr>
<td>Honey Sunshine Cereal or Belgian Waffles</td>
<td>Frooted Mini Wheats Cereal or Cinnamon Roll</td>
<td>Breakfast Beef Slider</td>
<td>Offered Daily:</td>
<td>All cereals and yogurt served with whole grain crackers.</td>
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<tr>
<td>Honey Sunshine Cereal or Belgian Waffles</td>
<td>Cinnamon Toast Crunch Cereal or Breakfast Sausage Pizza</td>
<td>Cocoa Puffs Cereal or Waffle or ZAC Breakfast Bar</td>
<td>Cocoa Puffs Cereal or Oatmeal and Dried Cherries</td>
<td>New Menu Item:</td>
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Eating breakfast daily helps to fight hunger, prevent obesity, and improve academic performance.

For further information, consult the Internet at [http://www.lbschools.net/Main_Offices/Business_Services/Nutrition_Services/](http://www.lbschools.net/Main_Offices/Business_Services/Nutrition_Services/)
<table>
<thead>
<tr>
<th>Day</th>
<th>Offered Daily</th>
<th>National School Lunch Week</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Chicken Tenders or Chicken Fried Steak on a Bun, Carrots w/ Ranch Dressing, Tossed Salad w/ Ranch Dressing, Variety Fruit</td>
<td>8 oz. Low Fat Milk</td>
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<tr>
<td>Tuesday</td>
<td>Bean &amp; Cheese Burrito or BBQ Chicken w/ Roll, Potato Rounds, Tossed Salad w/ Italian Dressing, Variety Fruit</td>
<td>8 oz. Non Fat Chocolate Milk</td>
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<tr>
<td>Wednesday</td>
<td>Teriyaki Meatballs w/ Rice &amp; Rolls or Grilled Cheese Sandwich, Green Beans, Tossed Salad w/ Ranch Dressing, Variety Fruit</td>
<td>Additional Entree: 8 oz. Low Fat Yogurt w/ Granola</td>
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<tr>
<td>Thursday</td>
<td>Hot Dog or Chili Cheese Nachos, Vegetarian Beans, Tossed Salad w/ Italian Dressing, Variety Fruit</td>
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<tr>
<td>Friday</td>
<td>Cheese Pizza or Pepperoni Pizza, Whole Kernel Corn, Tossed Salad w/ Ranch Dressing, Variety Fruit</td>
<td>National School Lunch Week Recipe Contest 2nd Place Winner: Adam Miller, 5th Grade, Gompers K-8 School</td>
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**Sweet Corn Salad**

- **Ingredients:**
  - 32 oz. Fresh or Frozen Corn Kernels
  - 2 Whole Avocados
  - 1 1/2 cups Shredded Lettuce
  - 1 package Grape Tomatoes
  - 3 tablespoons Olive Oil
  - 1/2 teaspoon Salt
  - 1/2 teaspoon Peppper
  - 1/2 teaspoon Chili Powder (optional)

- **Prep time:** 15 minutes

- **Makes 8 servings**

- **Recipe:**
  1. Cook corn according to package if frozen or in a sauce pan with 1 cup water if fresh. Drain and rinse cooked corn in a colander or in a sauce pan with 1 cup water if fresh.
  2. Cut lemons and squeeze them into a strainer over the salad bowl. Add the cooled corn to the salad bowl. Add tomatoes to salad bowl.
  3. Using a small spoon, remove avocado skin from skin and dice. Place in large salad bowl.
  4. Rinse the grape tomatoes in the colander and cut in quarters. Add tomatoes to salad bowl.
  5. Cut open avocados and remove the seed. Drain and rinse cooked corn in a colander with cold water. Set aside to cool.
  6. Drizzle with olive oil and sprinkle with salt and pepper to taste. To read more about Adam’s recipe and our other recipes, please visit our website!