

September 2020

Lone Oak ISD Middle, High School and ONLINE PICKUP

BREAKFAST



Adult Breakfast \$3.25
 Paid Student Breakfast \$2.00
 Reduced Student Breakfast \$.30
 Ala Carte Items Sold Daily



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday

Online Students can request meals for Pick Up at: meals@loisd.net
 Must be made one day in advance.

Menu Subject to Change 7
 due to availability.

14
 Grape or Chocolate Crescent
 String Cheese
 Apple Slices w/ PB Cup
 Assorted Juice
 Assorted Milk

21
 Mini Powdered Donuts
 Trix Yogurt
 Apple Slices w/PB Cup
 Assorted Juice
 Assorted Milk

28
 Mini Cinnis
 Trix Yogurt
 Apple Slices w/ PB Cup
 Assorted Juice
 Assorted Milk

Tuesday

1
 Mini Pancakes
 Pork Sausage Patty
 Mixed Berries w/Topping
 Assorted Juice
 Assorted Milk
 Syrup

8
 Glazed French Toast Sticks
 Turkey Sausage Link
 Mixed Berries w/ Topping
 Assorted Juice
 Assorted Milk
 Syrup

15
 Pillsbury Fresh Cinnamon Roll
 Trix Yogurt
 Raisels
 Assorted Juice
 Assorted Milk

22
 Glazed French Toast Sticks
 Turkey Sausage Link
 Mixed Berries w/ Topping
 Assorted Juice
 Assorted Milk
 Syrup

29
 Mini Pancakes
 Pork Sausage Patty
 Mixed Berries w/Topping
 Assorted Juice
 Assorted Milk
 Syrup

Wednesday

2
 Bacon, Cheese Eggstravaganza
 Warm Tortilla
 Star Tots
 Fresh Banana
 Assorted Juice & Milk
 Salsa

9
 Colby Cheese Omelet
 Cinnamon Toast
 Fresh Banana
 Assorted Juice
 Assorted Milk

16
 Sausage Patty, Egg, Cheese
 Croissant
 Fresh Banana
 Assorted Juice
 Assorted Milk

23
 Bacon, Cheese Eggstravaganza
 Warm Tortilla
 Star Tots
 Fresh Banana
 Assorted Juice
 Assorted Milk

30
 Colby Cheese Omelet
 Cinnamon Toast
 Fresh Banana
 Assorted Juice
 Assorted Milk

Thursday

3
 Sausage, Egg, Cheese Sliders
 Orange Slices
 w/Strawberry
 Assorted Juice
 Assorted Milk

10
 Sausage, Cheese Pizza
 Orange Slices
 w/Strawberry
 Assorted Juice
 Assorted Milk

17
 Sausage, Egg, Cheese
 Sliders
 Orange Slices w/Strawberry
 Assorted Juice
 Assorted Milk

24
 Sausage, Cheese Pizza
 Orange Slices
 w/Strawberry
 Assorted Juice
 Assorted Milk

Friday

4
Served Daily:
 1% White Milk
 1% Chocolate Milk
 F/F Strawberry Milk
 Assorted Juices & Fresh Fruit
 Assorted Cereal & Muffins

11

18

25
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