



Gahanna Lincoln HS Breakfast Menu 2016-2017

Plate Breakfast Prices:
 Breakfast \$1.45 Reduced Price .30¢

Served daily in the café and at the entrance to Lincoln Hall

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|---|--|---|---|
| BREAKFAST MENU #1 | Cereal Sport Pastry Fruit Fruit Juice Milk | UBR Yogurt Fruit Fruit Juice Milk | Cheese/Sausage/ Egg Sliders Fruit Fruit Juice Milk | Donut Ring Fruit Fruit Juice Milk | Snackenwaffle Orange Fruit Juice Milk |
| BREAKFAST MENU #2 | Breakfast Pizza Fruit Fruit Juice Milk | Eggs & Biscuit Potatoes Black Bean Salsa Juice & Fruit Milk | Cinnamon Toast Fruit Fruit Juice Milk | Dutch Waffle Swt Pot Crispy Cubes Fruit Fruit Juice Milk | Mini Pancakes Fruit Fruit Juice Milk |
| BREAKFAST MENU #3 | CiniMinis Fruit Fruit Juice Milk | Sausage Bites Fruit Fruit Juice Milk | Breakfast Bread Fruit Fruit Juice Milk | Donut Ring Fruit Fruit Juice Milk | Cereal Sport Donut Fruit Fruit Juice Milk |
| BREAKFAST MENU #4 | Breakfast Pizza Fruit Fruit Juice Milk | Eggs & Biscuit Potatoes Black Bean Salsa Juice & Fruit Milk | Mini Cream Cheese Bagel Fruit Fruit Juice Milk | Breakfast Bagel Swt Pot Crispy Cubes Fruit Fruit Juice Milk | Mini Pancakes Fruit Fruit Juice Milk |

Please note the first column of this breakfast menu which lists the Menu Number and its Color will rotate along with your colored 4 week cycle lunch menu.



First day of school
Aug. 17

| AUGUST 2016 | | | | | | |
|-------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

| SEPTEMBER 2016 | | | | | | |
|----------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

| OCTOBER 2016 | | | | | | |
|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

| NOVEMBER 2016 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

| DECEMBER 2016 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

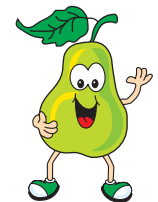
| JANUARY 2017 | | | | | | |
|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| FEBRUARY 2017 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | | | | |

| MARCH 2017 | | | | | | |
|------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| APRIL 2017 | | | | | | |
|------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

| MAY 2017 | | | | | | |
|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |



STUDENTS ELIGIBLE FOR FREE OR REDUCED-PRICE MEALS ARE ENTITLED TO A PLATE BREAKFAST AND PLATE LUNCH DAILY.

- Track your child's account balance and make online meal payments at www.mypaymentsplus.com or pay with a check made payable to your child's school cafeteria.
- See www.gahannaschools.org for K-12 menus, nutrition info, and additional child nutrition resources.

Pizza, sliders and sausage items are made with turkey.

Please Note: Items are subject to change. Substitutions may be necessary.

WHAT A VALUE!! A HEALTHY BREAKFAST @ \$1.45 INCLUDES A WHOLE GRAIN, A FRUIT, 100% FRUIT JUICE, AND MILK.