



LEHIGH
UNIVERSITY

Look for the
following fruits on,
Try New Fruit Tuesday!

Pears
Plums
Peaches
Nectarines & More!

January 2024

CENTENNIAL BREAKFAST MENU

**Breakfast is
FREE
for all
students!**

**Available
Daily**

Milk:
Skim Chocolate
1% White

(v) - lacto-ovo
vegetarian
may contain
milk and/or eggs

**Menus are subject
to change
without notice.**

For more
information, visit:
[https://centennial.
lehigh.edu/parent
s/lunch-program](https://centennial.lehigh.edu/parents/lunch-program)

**Powering
potential.**

MON	TUES	WED	THURS	FRI
1 School Closed	2 School Closed	3 Chocolate Muffin with Graham Crackers Apple Slices	4 Apple Frudel Banana	5 Oatmeal Chocolate Chip Breakfast Round 100% Apple Juice
8 Trix Cereal 100% Grape Juice	9 Cinnamon Raisin Bagel with Cream Cheese <i>Try New Fruit Tuesday!</i>	10 Chocolate Muffin with Graham Crackers Apple Slices	11 Blueberry Breakfast Bread Banana	12 Cinnamon Toast Crunch Cereal Bar with Goldfish Grahams 100% Apple Juice
15 School Closed	16 Oatmeal Chocolate Chip Breakfast Bar <i>Try New Fruit Tuesday!</i>	17 Blueberry Muffin with Graham Crackers Apple Slices	18 Mini Cinnamon Rolls Banana	19 Fudge Pop-Tart with Goldfish Graham 100% Apple Juice
22 Lucky Charms Cereal 100% Grape Juice	23 Mini Strawberry Cream Cheese Bagel <i>Try New Fruit Tuesday!</i>	24 Chocolate Muffin with Graham Crackers Apple Slices	25 Lemon Breakfast Bread Banana	26 Trix Cereal Bar with Goldfish Grahams 100% Apple Juice
29 Cinnamon Toast Crunch Cereal 100% Grape Juice	30 Plain Bagel with Cream Cheese <i>Try New Fruit Tuesday!</i>	31 Blueberry Muffin with Graham Crackers Apple Slices	We work with these companies that your family knows & trusts, to serve the highest quality products, formulated specifically for K-12 schools.	



A meal includes an entrée, up to two servings of fruit,
and choice of milk.

To make a meal, students must select 3 or 4 items.
At least 1 item must be a ½ cup of fruit or a 4 oz fruit juice.

Meals without a fruit, will be charged a la carte pricing.

aramark
STUDENT
NUTRITION

This institution is an equal
opportunity provider.