

LMK Middle School Breakfast Menu

DECEMBER

2022

HARRISON CENTRAL SCHOOL DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scrambled Eggs with Cheese Kaiser Roll Cinnamon Apples Strawberry cup	2 Choice of Whole Grain Cold Cereal with Milk Graham Cracker Applesauce Blueberries
5 Vegetable & Egg Frittata with Roll Tater Tots Orange Wedges Pear Cup	6 Egg and Cheese on a Bagel Applesauce Pear Cup	7 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice	8 English Muffin with Egg and Cheese Kaiser Roll Cinnamon Apples Mixed Fruit Cup	9 Fresh Apple Cinnamon Muffin Apple Juice Peach Cup
12 Fresh Baked Blueberry Muffin Apple Juice Pear Cup	13 Fresh Belgian Waffles w Warm Fruit Topping Strawberries Fresh Apple	14 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice	15 Egg & Vegetable Omelet Toasted Pita Banana Orange Wedges	16 Fresh Baked Chocolate Chip Muffin Cinnamon Apple Sauce Mixed Fruit Cup
19 Waffles with Fruit Topping Mixed Fruit Cup Fresh Pear	20 Breakfast Burrito with Sausage, Egg And Cheese Sliced Apples Berry Cup	21 Egg Frittata with Whole Wheat Toast Chilled Pear Mixed Fruit Cup	22 Cold Cereal Choice Low Fat Milk Graham Crackers Orange Wedges Fresh Pear	23 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice
26 	27	28	29	30

ENJOY YOUR WINTER BREAK!

Meal Price— \$1.50 Daily Menu*

Will be served from 8:15AM-8:50AM

Student Breakfast

Breakfast Includes:

Entrée, Fruit, Juice and Choice of 1% White or Fat-Free White or Chocolate Milk.

AVAILABLE DAILY

Assorted Muffins, Cold Cereals, Assorted Yogurt & Whole Grain Bagels**

The Breakfast Fare is Prepared with Little or No Added Fat, Sugar or Salt.

* Students Must Choose Three of the Four Food Items Offered at Breakfast to Receive the Special Meal Price (Note: One Must Be Fruit). All meals come with half pint of milk.

\$2.71+ Tax – Adult Breakfast
\$5.02 + Tax – Adult Lunch

If you have any questions or comments, please call the Food Service Department at 914-630-3114. Christine Clementz RD,CDN

Food Service Director



Re- gardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk. This institution is an equal opportunity provider and employer. Menu

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