

LMK MIDDLE SCHOOL DECEMBER 2023 BREAKFAST MENU

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 Parfait & 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Free Day! *Please note only on "Free Days" the first meal will be free to all students and only apply to a full breakfast and lunch meal. Any la carte items such as snacks, drinks and seconds must still be paid for.</p>		<p>Please Note: New Free Days! This Month! Look for this symbol: </p>		<p>1 French Toast Sticks Banana Fruit Punch</p>
<p>4 Free Day! Cold Cereal Choice Low Fat Milk Graham Cracker Applesauce Orange Wedges </p>	<p>5 Egg and Cheese Whole Grain Roll Orange Wedges Fresh Apple</p>	<p>6 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice</p>	<p>7 Oven Warmed Whole Grain Muffin Cinnamon Apples Banana</p>	<p>8 Choice of Whole Grain Cereal with Milk Graham Cracker Applesauce Peach Cup</p>
<p>11 Whole Grain Waffles Mixed Fruit Cup Fresh Pear</p>	<p>12 Sausage Egg and Cheese on a Whole Grain Bagel Orange Wedges Pear Cup</p>	<p>13 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice</p>	<p>14 Egg and Cheese Whole Grain Roll Banana Strawberry Cup</p>	<p>15 Free Day! Oven Warmed Whole Grain Muffin Apple Mixed Fruit Cup </p>
<p>18 Whole Grain Blueberry Muffin Apple Juice Pear Cup</p>	<p>19 Egg and Cheese Whole Grain Roll Strawberries Fresh Apple</p>	<p>20 Free Day! Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice </p>	<p>21 Choice of Whole Grain Cereal with Milk Graham Cracker Applesauce Peach Cup</p>	<p>22 Sausage, Egg and Cheese on a Bagel Applesauce Pear Cup</p>
25	26	27	28	29
<p>ENJOY YOUR WINTER BREAK!</p>				



Regardless 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 subject to change.