

LMK Middle School

April 2024

Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Fresh Baked Whole Grain Muffin Orange Juice Mixed Fruit Cup	2 French Toast Warm Fruit Topping Syrup Orange Juice Orange	3 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice	4 Scrambled Eggs with Cheese Kaiser Roll Cinnamon Apples Strawberry cup	5 Free Day! Choice of Whole Grain Cereal with Milk Graham Cracker Applesauce Peach Cup
8 Cold Cereal Choice Low Fat Milk Graham Cracker Banana Orange Wedges	9 Oven Warmed Whole Grain Muffin Cinnamon Apples Pear	10 Yogurt and Fruit Bar Granola Topping Peaches or Pear Orange Juice	11 Egg and Cheese Whole Grain Roll Orange Wedges Fresh Apple	12 Whole Grain Waffle Peach Cup Applesauce Cup
15 Free Day! Pancakes with Syrup Applesauce Cup Orange Juice	16 Sausage Egg and Cheese on a Whole Grain Bagel Orange Wedges Pear Cup	17 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice	18 Egg and Cheese Whole Grain Roll Orange Strawberry Cup	19 Whole Grain Muffin Apple Mixed Fruit Cup
22 Unused Snow Day No School	23 Start of Passover No School	24 Yogurt and Fruit Bar Granola Topping Peaches or Pear Apple Juice	25 Free Day! Egg & Cheese On a Roll Tater Tots Orange Juice Peach Cup	26 Whole Grain Waffles Mixed Fruit Cup Fresh Pear
29 Cold Cereal Choice Low Fat Milk Graham Crackers Orange Wedges Fresh Pear	30 Whole Grain Donut Fresh Apple Berry Cup		Free Day! *Please note on "Free Days" the first meal will be free to all students and only applies to a full breakfast meal. Any a la carte items such as snacks, drinks and seconds must still be paid for with available funds.	

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 RD,CDN

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.