

LMK Middle School June 2024 Breakfast



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 3 Choice of Whole Grain Cereal with Milk String Cheese Applesauce Peach Cup | 4 Free Day! French Toast Sticks Fresh Apple Pear Cup | 5 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice | 6 Scrambled Eggs with Cheese Kaiser Roll Cinnamon Apples Strawberry cup | 7 Choice of Whole Grain Muffin String Cheese Applesauce Peach Cup |
| 10 Pancakes with Syrup Applesauce Cup Orange Juice | 11 Whole Grain Donut Cinnamon Applesauce Pear | 12 Yogurt and Fruit Bar Granola Topping Peaches or Pear Orange Juice | 13 Free Day! Egg and Cheese Whole Grain Roll Orange Wedges Fresh Apple | 14 Whole Grain Waffle Peach Cup Applesauce Cup |
| 17 Free Day! Choice of Whole Grain Cereal with Milk String Cheese Applesauce Peach Cup | 18 Sausage Egg and Cheese on a Whole Grain Bagel Orange Wedges Pear Cup | 19 Juneteenth No School | 20 Egg and Cheese Whole Grain Roll Orange Strawberry Cup | 21 Whole Grain Waffle Apple Mixed Fruit Cup |
| 24 Early Dismissal No Lunch | 25 Early Dismissal No Lunch | 26 Early Dismissal No Lunch | 27 | 28 |

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.