

LMK Middle School Breakfast Menu 2024

DECEMBER

Free Days!

*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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Free Day! French Toast Sticks with Syrup Applesauce Cup Orange	3 Whole Grain Donut Diced Peaches Pear	4 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange	5 Egg and Cheese Whole Grain Bagel Orange Wedges Fresh Apple	6 Whole Grain Pancakes Peach Cup Applesauce Cup
9 Fresh Baked Whole Grain Muffin Orange Juice Mixed Fruit Cup	10 Pork Sausage Egg and Cheese on a Whole Grain Bagel Orange Wedges Pear	11 Free Day! Yogurt and Fruit Bar Granola Topping Peaches or Pear Orange	12 Egg and Cheese Whole Grain Roll Orange Berry Cup	13 Whole Grain Waffle Apple Mixed Fruit Cup
16 Whole Grain Donut Applesauce Cup Orange	17 Whole Grain Muffin Apple Pear	18 Yogurt and Fruit Bar Granola Topping Peaches or Pear Orange	19 Free Day! Whole Grain Bagel Cream Cheese or Butter Pear Fresh Apple	20 Whole Grain Pancakes Peach Cup Applesauce Cup
23	24	25	26	27
30	31			

Enjoy Your Winter Recess

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

\$5.03 + 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.