

LMK MIDDLE SCHOOL

MARCH 2024

BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 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. | | | | 1 Choice of Whole Grain Cereal with Milk Graham Cracker Applesauce Peach Cup |
| 4 Free Day! Cold Cereal Choice Low Fat Milk Graham Cracker Banana Orange Wedges | 5 Free Day! Oven Warmed Whole Grain Muffin Cinnamon Apples Pear | 6 Free Day! Yogurt and Fruit Bar Granola Topping Peaches or Pear Orange Juice | 7 Free Day! Egg and Cheese Whole Grain Roll Orange Wedges Fresh Apple | 8 Free Day! Fresh Cooked Oatmeal Peach Cup Applesauce Cup |
| NATIONAL SCHOOL BREAKFAST WEEK | | | | |
| 11 Free Day! Pancakes with Syrup Applesauce Cup Orange Juice | 12 Sausage Egg and Cheese on a Whole Grain Bagel Orange Wedges Pear Cup | 13 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice | 14 Egg and Cheese Whole Grain Roll Orange Strawberry Cup | 15 Whole Grain Muffin Apple Mixed Fruit Cup |
| 18 Cold Cereal Choice Low Fat Milk Graham Crackers Orange Wedges Fresh Pear | 19 Whole Grain Donut Fresh Apple Berry Cup | 20 Yogurt and Fruit Bar Granola Topping Peaches or Pear Apple Juice | 21 Free Day! Bacon Egg & Cheese On a Roll Tater Tots Orange Juice Peach Cup | 22 Whole Grain Waffles Mixed Fruit Cup Fresh Pear |
| 25 | 26 | 27 | 28 | 29 |
| Have a great SPRING 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

\$5.02 + Tax– Adult Lunch

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



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.