

Menu is subject to change.



Breakfast Options Daily

*Daily Entrée-1 (2g) or

*Cereal 2 oz- (2G)

*Bagel w/ cream cheese(2g)

Offered with all Breakfasts

*Whole Grain (WG) Entrees

*Daily Selection of Fresh &

Prepared Fruit or 100% juice -1/2 cup servings may take 1 cup

*NY State Non Fat Milk 8oz



Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

If your Son or Daughter has a particular food allergy, please contact the Health Service office and Food Service 783.3100

FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in NSLP and NSBP. Including all specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk

Monday	Tuesday	Wednesday	Thursday	Friday
No School 4	No School	No School	No School	No School
No School 5	Pancakes 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8 oz	Croissant Breakfast Sand 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz	Bagel with Yogurt 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz	Muffin/ Yogurt 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup ----- Milk-8oz
Maple Waffles 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	Apple Frudel 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	Croissant Breakfast Sand 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz	Bagel With Yogurt 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz	Muffin/ Yogurt 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk -8oz
French Toast Sticks 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	Maple Pancakes 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	Croissant Breakfast Sand 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	Pop Tarts 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	Cinnamon Roll 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz
Pancakes 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz	Pop Tarts 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup ----- Milk-8oz			

