### May 2024
**Gateway-Longview**

#### Monday
- **Maple Waffles**
  - 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz

#### Tuesday
- **Ultimate Breakfast Round**
  - 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz

#### Wednesday
- **Croissant Breakfast Sand.**
  - 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz

#### Thursday
- **Breakfast Pizza**
  - 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz

#### Friday
- **Blueberry Muffin Yogurt**
  - 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz

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**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.

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

Breakfast Options Daily
- *Daily Entrée-1 (2g) or Cereal 2 oz- (2G)*
- *Bagel w/ cream cheese(2g)
- Offered with all Breakfasts
- *Whole Grain (WG) Entrées
- *Daily Selection of Fresh & Prepared Fruit or 100% juice -1/2 cup servings may take 1 cup
- *NY State Non Fat Milk 8oz

If your Son or Daughter has a particular food allergy, please contact the Health Services Office and food service @ 783.3100