



# BREAKFAST

NYS Apples  
NYS Potatoes

## MAY 2024

Gateway-Longview

K-12



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

**6**

Maple Waffles

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**7**

Ultimate Breakfast Round

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**8**

Croissant Breakfast Sand.

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**9**

Bagel with Yogurt

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**10**

Blueberry Muffin  
Yogurt

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**13**

French Toast

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**14**

Pancakes

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**15**

Croissant Breakfast Sand

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**16**

Cinnamon Yogurt

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**17**

Blueberry Muffin  
Yogurt

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup

**20**

Maple Waffles

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**21**

Apple Frudel

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**22**

Croissant Breakfast Sand

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**23**

Bagel with Yogurt

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**24**

Banana Muffin  
Yogurt

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup

**27**

No School

**28**

Maple Pancakes

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**29**

Croissant Breakfast Sand.

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**30**

Pop Tarts

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

**31**

Cinnamon Roll

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100% Fruit Juice ½ Cup  
or  
Fresh Fruit ½ Cup  
Milk-8oz

#### 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

**All Meals are Free to Stu-**



**PAY FOR MEALS ONLINE**  
MySchoolBucks.com

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

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