


BREAKFAST

JUNE 2024
Gateway-Longview



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Pancakes</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>4</p> <p>WG Pop Tarts</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>5</p> <p>Breakfast Pizza</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>6</p> <p>Breakfast Breaks</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>7</p> <p>Blueberry Muffin/Yogurt</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>
<p>10</p> <p>Maple Waffles</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>11</p> <p>Ultimate Breakfast Round</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>12</p> <p>Breakfast Sandwich</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>13</p> <p>Bagel with Yogurt</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>14</p> <p>Hardboiled Egg/Muffin</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>
<p>17</p> <p>French Toast</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>18</p> <p>Pancakes</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>19</p> <p>Breakfast Sandwich</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>20</p> <p>Bagel with Yogurt</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>21</p> <p>Banana Muffins/Yogurt</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>
<p>24</p> <p>Maple Waffles</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>25</p> <p>Apple Frudel</p> <hr/> <p>100% Fruit Juice ½ Cup Fresh Fruit ½ Cup</p> <p>Milk-8oz</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>No School</p>

- 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 for Stu-

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



NYS Apples

