



Lake-Lehman District Breakfast March 2024

Monday 3/4/24	Tuesday 3/5/24	Wednesday 3/6/24	Thursday 3/7/24	Friday 3/8/24
Whole Grain Muffin and Yogurt or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
3/11/24	3/12/24	3/13/24	3/14/24	3/15/24
Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Muffin or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Muffin and Yogurt or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
3/18/24	3/19/24	3/20/24	3/21/24	3/22/24
Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	No School
3/25/24	3/26/24	3/27/24	3/28/24	3/29/24
Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Muffin and Yogurt or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	No School	No School
4/1/24	4/2/24	4/3/24	4/4/24	4/5/24
No School	Whole Grain Muffin and Yogurt or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk

USDA National School Breakfast Requirements

Students are required to take
at least 3
of the components offered.
At least 1 of the options must be

a Fruit
and/or Vegetable



Step 1: Choose 1/2 Cup
Minimum of Fruit and/or
Vegetable



Step 2: Choose at least 2
and up to 3



Alternate Options May Include:

Assorted Whole Grain Muffins
Fortified Breakfast Pastries
Assorted Yogurt with Toast
Oatmeal Breakfast Bars
Whole Grain Bagels

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch, Cocoa
Puffs, Fruity Cheerios, Rice Chex,
Kix, Cheerios, Frosted Flakes,
Reeses Puffs
Served with Toast, Fruit & Milk

***Menu Subject To Change**



www.schoolcafe.com

*access student account transactions

*make payments

*submit free/reduced applications

*view interactive menus with nutritional information

**ALL STUDENT MEALS
ARE FREE
Adult \$2.00**



www.lakelehmanmetz.com

*Information on what makes a meal

*nutritional education materials

*printable menus

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