Lake-Lehman District Breakfast
June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
5/30/22	**5/31/22**	**6/1/22**	**6/2/22**	**6/3/22**
Closed	Craveables or Whole Grain Cereal with Additional Grain	Craveables or Whole Grain Cereal with Additional Grain	Craveables or Whole Grain Cereal with Additional Grain	Craveables or Whole Grain Cereal with Additional Grain
	Both Options come with Fruit & Milk	Both Options come with Fruit & Milk	Both Options come with Fruit & Milk	Both Options come with Fruit & Milk
6/6/22	**6/7/22**	**6/8/22**	**6/9/22**	**6/10/22**
Craveables or Whole Grain Cereal with Additional Grain	Craveables or Whole Grain Cereal with Additional Grain	Craveables or Whole Grain Cereal with Additional Grain	Craveables or Whole Grain Cereal with Additional Grain	Craveables or Whole Grain Cereal with Additional Grain
Both Options come with Fruit & Milk	Both Options come with Fruit & Milk	Both Options come with Fruit & Milk	Both Options come with Fruit & Milk	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

Whole Grain Muffin Craveable:
whole grain muffin,
graham crackers & fruit
(grab a milk to make it a meal)
Super Fruit Craveable:
string cheese, apple slices, grapes & whole grain goldfish crackers
(complete meal)
Yogurt & Cheese Craveable:
yogurt, string cheese, whole grain goldfish crackers and juice (complete meal)
Whole Grain Honey Glazed Donut Craveable:
whole grain honey glazed donut with fruit
(grab a milk to make it a meal)

***Menu Subject To Change**

schoolcafé

www.schoolcafe.com
*access student acount transactions
*make payments
*submit free/reduced applications
*view interactive menus with nutritional information

ALL STUDENT MEALS ARE FREE
Adult $2.00

Metz CULINARY MANAGEMENT

www.lakelehmanmetz.com
*Information on what makes a meal
*nutritional education materials
*printable menus

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