



Lake-Lehman District Breakfast September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
No School	9/6/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	9/7/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	9/8/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	9/9/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk
9/11/22	9/12/22	9/13/22	9/14/22	9/15/22
Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk
9/18/22	9/19/22	9/20/22	9/21/22	9/22/22
Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk
9/25/22	9/26/22	9/27/22	9/28/22	9/29/22
Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk
10/2/22	10/3/22	10/4/22	10/5/22	10/6/22
Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & 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



www.schoolcafe.com

*access student account transactions

*make payments

*submit free/reduced applications

*view interactive menus with nutritional information

**Student Paid \$1.25
Reduced \$0.30
Adult \$2.00**



www.lakelehmanmetz.com

*Information on what makes a meal

*nutritional education materials

*printable menus

General Manager: Sarah Walsh

ma1124@metzcorp.com

570-255-2799

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