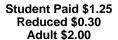


## Lake-Lehman District Breakfast September 2022

Monday	- Tuesday	Wednesday	Thursday	Friday
Wonddy		9/7/22	9/8/22	9/9/22
No Sahaal	9/6/22 Craveables	9///22 Craveables	9/8/22 Craveables	Craveables
No School	or	or	or	or
	U	U	U	U
	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal
	with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain
	Both Options come with	Both Options come with	Both Options come with	Both Options come with
	Fruit or Vegetable & Milk	Fruit or Vegetable & Milk	Fruit or Vegetable & Milk	Fruit or Vegetable & Mil
9/11/22	9/12/22	9/13/22	9/14/22	9/15/22
Craveables	Craveables	Craveables	Craveables	Craveables
or	or	or	or	or
Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal
with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain
Both Options come with	Both Options come with			
Fruit or Vegetable & Milk	Fruit or Vegetable & Mi			
Frances vegetable a mini	That of Vogetable a Mint			
9/18/22	9/19/22	9/20/22	9/21/22	9/22/22
Craveables	Craveables	Craveables	Craveables	Craveables
or	or	or	or	or
Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal
with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain
Both Options come with	Both Options come with			
Fruit or Vegetable & Milk	Fruit or Vegetable & Mil			
9/25/22	9/26/22	9/27/22	9/28/22	9/29/22
Craveables	Craveables	Craveables	Craveables	Craveables
or	or	or	or	or
		-	-	
Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal
with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain
Both Options come with	Both Options come wit			
Fruit or Vegetable & Milk	Fruit or Vegetable & Mi			
10/2/22	10/3/22	10/4/22	10/5/22	10/6/22
Craveables	Craveables	Craveables	Craveables	Craveables
or	or	or	or	or
Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal	Whole Grain Cereal
with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain	with Additional Grain
Both Options come with	Both Options come wit			
Fruit or Vegetable & Milk	Fruit or Vegetable & Mi			
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www.schoolcafe.com \*access student acount transactions \*make payments \*submit free/reduced applications \*view interactive menus with nutritional information





General Manager: Sarah Walsh ma1124@metzcorp.com 570-255-2799 USDA is an equal opportunity provider & employer



www.lakelehmanmetz.com \*Information on what makes a meal \*nutritional education materials \*printable menus USDA National School Breakfast Requirements

Students are required to take <u>at least 3</u> of the components offered. <u>At least 1 of the options must be</u> <u>a Fruit</u>



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:

Glazed Donut Craveable: whole grain honey glazed donut with fruit (grab a milk to make it a meal)

\*Menu Subject To Change