



Lake-Lehman District Breakfast May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
5/3/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/4/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/5/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/6/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/7/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk
5/10/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/11/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/12/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/13/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/14/21 <u>Half Day</u> Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk
5/17/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/18/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/19/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/20/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/21/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk
5/24/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/25/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/26/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/27/21 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk	5/28/21 <u>Half Day</u> Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit or Vegetable & Milk
5/31/21 <u>No School</u>	6/1/21	6/2/21	6/3/21	6/4/21

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

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