



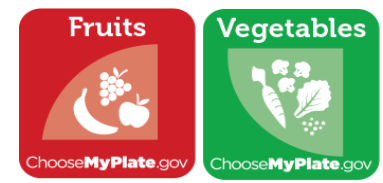
Lake-Lehman Elementary Breakfast January 2021

Monday 12/28/20	Tuesday 12/29/20	Wednesday 12/30/20	Thursday 12/31/20	Friday 1/1/21
No School	No School	No School	No School	No School
1/4/21	1/5/21	1/6/21	1/7/21	1/8/21
Yogurt & Cheese Craveable or Whole Grain Cereal with Additional Grain	Yogurt & Cheese Craveable or Whole Grain Cereal with Additional Grain	Yogurt & Cheese Craveable or Whole Grain Cereal with Additional Grain	Yogurt & Cheese Craveable or Whole Grain Cereal with Additional Grain	Yogurt & Cheese Craveable 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
1/11/21	1/12/21	1/13/21	1/14/21	1/15/21
Whole Grain Muffin Craveable or Whole Grain Cereal with Additional Grain	Whole Grain Muffin Craveable or Whole Grain Cereal with Additional Grain	Whole Grain Muffin Craveable or Whole Grain Cereal with Additional Grain	Whole Grain Muffin Craveable or Whole Grain Cereal with Additional Grain	Whole Grain Muffin Craveable 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
1/18/21	1/19/21	1/20/21	1/21/21	1/22/21
Super Fruit Craveable or Whole Grain Cereal with Additional Grain	Super Fruit Craveable or Whole Grain Cereal with Additional Grain	Super Fruit Craveable or Whole Grain Cereal with Additional Grain	Super Fruit Craveable or Whole Grain Cereal with Additional Grain	Super Fruit Craveable 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
1/25/21	1/26/21	1/27/21	1/28/21	1/29/21
Whole Grain Donut Craveable or Whole Grain Cereal with Additional Grain	Whole Grain Donut Craveable or Whole Grain Cereal with Additional Grain	Whole Grain Donut Craveable or Whole Grain Cereal with Additional Grain	Whole Grain Donut Craveable or Whole Grain Cereal with Additional Grain	Whole Grain Donut Craveable 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

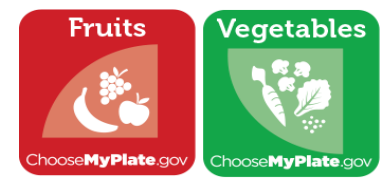
USDA National School Breakfast Requirements

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,
Cheerios, Frosted Flakes,
Reeses Puffs



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)



www.schoolcafe.com

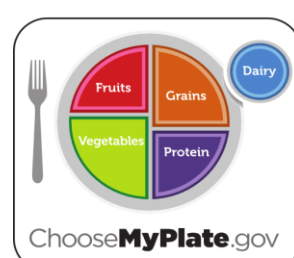
*access student account transactions

*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: Jodi McMillan

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570-255-2799

USDA is an equal opportunity provider & employer

*Menu Subject To Change