



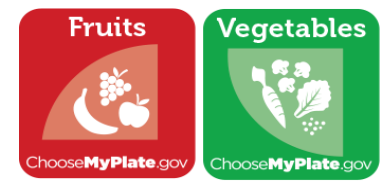
# Lake-Lehman Jr/Sr High Breakfast January 2021

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
<b>1/4/21</b>	<b>1/5/21</b>	<b>1/6/21</b>	<b>1/7/21</b>	<b>1/8/21</b>
Frudel Pastry or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Pancakes with Syrup or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Dutch Waffle with Syrup or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Sausage, Egg & Cheese on an English Muffin or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Whole Grain Muffin Craveable or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk
<b>1/11/21</b>	<b>1/12/21</b>	<b>1/13/21</b>	<b>1/14/21</b>	<b>1/15/21</b>
Cream Cheese Filled Bagel or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Pancake Wrapped Sausage or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Belgain Waffles with Syrup or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Ham, Egg & Cheese on a Croissant or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Super Fruit Craveable or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk
<b>1/18/21</b>	<b>1/19/21</b>	<b>1/20/21</b>	<b>1/21/21</b>	<b>1/22/21</b>
Frudel Pastry or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Pancakes with Syrup or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Dutch Waffle with Syrup or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Sausage, Egg & Cheese on a Biscuit or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Yogurt & Cheese Craveable or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk
<b>1/25/21</b>	<b>1/26/21</b>	<b>1/27/21</b>	<b>1/28/21</b>	<b>1/29/21</b>
Cream Cheese Filled Bagel or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Pancake Wrapped Sausage or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Belgain Waffles with Syrup or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Ham, Egg & Cheese on a Bagel or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk	Whole Grain Donut Craveable or Assorted Whole Grain Pastries or Cereal Fruit, Juice & Milk

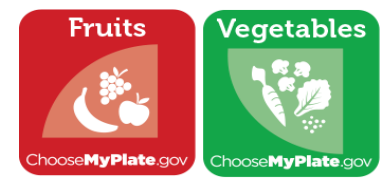
## USDA National School Breakfast Requirements

Students are required to take at least 3 of the components offered. At least 1 of the options must be

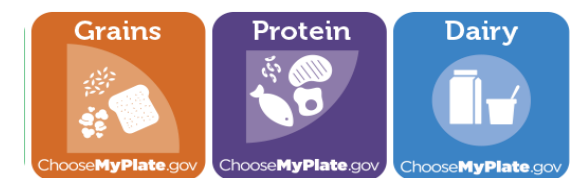
a Fruit and/or Vegetable



**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)

**\*Menu Subject To Change**



[www.schoolcafe.com](http://www.schoolcafe.com)

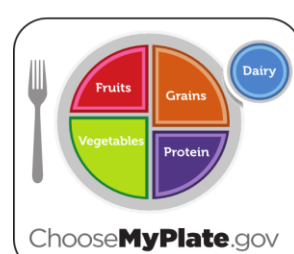
\*access student account transactions

\*make payments

\*submit free/reduced applications

\*view interactive menus with nutritional information

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



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[www.lakelehmanmetz.com](http://www.lakelehmanmetz.com)

\*Information on what makes a meal

\*nutritional education materials

\*printable menus