



Lake-Lehman District Breakfast April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3/28/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	3/29/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	3/30/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	3/31/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/1/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
4/4/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/5/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/6/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/7/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/8/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
4/11/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/12/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/13/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/14/22 <u>No School</u>	4/15/22 <u>No School</u>
4/18/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/19/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/20/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/21/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/22/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
4/25/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/26/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/27/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/28/22 Craveables or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	4/29/22 Craveables or Whole Grain Cereal with Additional Grain 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, 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

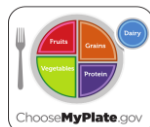
*access student account transactions

*make payments

*submit free/reduced applications

*view interactive menus with nutritional information

**ALL STUDENT MEALS
ARE FREE
Adult \$2.00**



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USDA is an equal opportunity provider & employer



www.lakelehmanmetz.com

*Information on what makes a meal

*nutritional education materials

*printable menus