



Lake-Lehman District Breakfast February 2023

Monday 1/30/23	Tuesday 1/31/23	Wednesday 2/1/23	Thursday 2/2/23	Friday 2/3/23
Whole Grain Muffin and Yogurt Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
2/6/23	2/7/23	2/8/23	2/9/23	2/10/23
Whole Grain Muffin and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Breakfast Bar or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Donut or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
2/13/23	2/14/23	2/15/23	2/16/23	2/17/23
Whole Grain Muffin and Yogurt Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
2/20/23	2/21/23	2/22/23	2/23/23	2/24/23
No School	Whole Grain Breakfast Bar and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Donut and Yogurt Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
2/27/23	2/28/23	3/1/23	3/2/23	3/3/23
Whole Grain Muffin and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Breakfast Bar or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Donut or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	Whole Grain Poptart 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

*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**



www.lakelehmanmetz.com

*Information on what makes a meal

*nutritional education materials

*printable menus

General Manager

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