



Lake-Lehman District Breakfast January 2024

Monday 1/1/24	Tuesday 1/2/24	Wednesday 1/3/24	Thursday 1/4/24	Friday 1/5/24
No School	Whole Grain Muffin and Yogurt or Whole Grain Cereal with Additional Grain	Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain	Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain	Whole Grain Bagel with Cream Cheese 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
1/8/24	1/9/24	1/10/24	1/11/24	1/12/24
Whole Grain Muffin and String Cheese or Whole Grain Cereal with Additional Grain	Whole Grain Donut and Yogurt Whole Grain Cereal with Additional Grain	Whole Grain Muffin and String Cheese or Whole Grain Cereal with Additional Grain	Whole Grain Poptart or Whole Grain Cereal with Additional Grain	Whole Grain Muffin and Yogurt 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
1/15/24	1/16/24	1/17/24	1/18/24	1/19/24
No School	Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain	Whole Grain Muffin or Whole Grain Cereal with Additional Grain	Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain	Whole Grain Muffin and Yogurt 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
1/22/24	1/23/24	1/24/24	1/25/24	1/26/24
Whole Grain Poptart or Whole Grain Cereal with Additional Grain	Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain	Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain	Whole Grain Muffin and Yogurt or Whole Grain Cereal with Additional Grain	Whole Grain Bagel with Cream Cheese 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
1/29/24	1/30/24	1/31/24	2/1/24	2/2/24
Whole Grain Muffin and String Cheese or Whole Grain Cereal with Additional Grain	Whole Grain Donut and Yogurt Whole Grain Cereal with Additional Grain	Whole Grain Muffin and String Cheese or Whole Grain Cereal with Additional Grain	Whole Grain Poptart or Whole Grain Cereal with Additional Grain	Whole Grain Muffin and Yogurt 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, 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

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