



Lake-Lehman District Breakfast November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
10/31/22 Whole Grain Muffin and Yogurt or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/1/22 Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/2/22 Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/3/22 Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/4/22 Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
11/7/22 Whole Grain Muffin and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/8/22 Whole Grain Breakfast Bar and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/9/22 Whole Grain Donut and Yogurt Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/10/22 Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/11/22 Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
11/14/22 Whole Grain Muffin and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/15/22 Whole Grain Breakfast Bar or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/16/22 Whole Grain Donut or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/17/22 Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/18/22 Whole Grain Poptart or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk
11/21/22 Whole Grain Muffin and Yogurt or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/22/22 Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/23/22 Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/24/22 No School	11/25/22 No School
11/28/22 No School	11/29/22 Whole Grain Breakfast Bar and Graham Cracker or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	11/30/22 Whole Grain Donut and String Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	12/1/22 Whole Grain Bagel with Cream Cheese or Whole Grain Cereal with Additional Grain Both Options come with Fruit & Milk	12/2/22 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

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