

APRIL 2024

MS/HS BREAKFAST MENU

Menu is subject to change.



Breakfast Options Daily

- *Assorted Cereal
- *Bagel w/Cream Cheese or Butter
- *Strawberry Pop-Tarts
- *Cinnamon Rolls
- *Pillsbury Cinni Minis
- *Assorted Cereal Bars w/4oz Yogurt
- *Assorted Muffins w/4oz Yogurt

TUESDAYS

Breakfast Pizza

WEDNESDAYS

Breakfast Wraps

Offered with all Breakfasts

- *Whole Grain (WG) Entrees
- *Daily Selection or Fresh & Prepared Fruit or 100% juice -1/2 cup servings may take 1 cup
- *NY State Non-Fat Milk 8oz



Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

If your Son or Daughter has a particular food allergy, please contact the school nurse and the food service office @ vera.spurrier@lscsd.org

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday

1
NO SCHOOL
SPRING RECESS

8
NO SCHOOL
SPRING RECESS

15
Croissant Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

22
Bagel Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

29
Croissant Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Tuesday

2
NO SCHOOL
SPRING RECESS

9
Croissant Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8 oz

16
Bagel Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

23
Croissant Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

30
Bagel Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Wednesday

3
NO SCHOOL
SPRING RECESS

10
Bagel Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

17
Croissant Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

24
Bagel Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Thursday

4
NO SCHOOL
SPRING RECESS

11
Croissant Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

18
Bagel Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

25
Croissant Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Friday

5
NO SCHOOL
SPRING RECESS

12
Bagel Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

19
Croissant Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

26
Bagel Breakfast
Sandwich w/Sausage
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

