



March

2025









K-5



Breakfast

Lake Shore



Monday	Tuesday	Wednesday	Thursday	Friday	Menu Subject to Change
3 Can't Trick Me Muffin Top  4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4 Plot Twist Fresh Cinnamon Roll with Icing  4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	5 Magnify Healthy Eating Sausage, Egg and Cheese Bagel  4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	6 No mi-Steak-ing Healthalicious Steak, Egg and Cheese Pizza  4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	7 NO SCHOOL SUPERINTENDENT'S CONFERENCE DAY 	NYS LOCAL FOODS *Upstate Farms Milk, Yogurt, Sour Cream Preston Farms Assorted Varieties of Apples Eden Valley Growers Assorted Fruits & Vegetables <u>used in Meal Program</u> <u>highlighted in green</u>
10 Chocolate Chip Muffin w/4oz Yogurt 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	11 Croissant Sandwich w/Egg, Cheese and Sausage 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	12 Buttered Bagel 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	13 Breakfast Wrap 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	14 French Toast Sticks w/Syrup 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Breakfast Options Daily *Daily Entrée-1 (2g) or *Cereal 2oz (2G) *Fruit & Yogurt Parfaits w/Flatbread or Granola <u>Offered with all Breakfasts</u> *Whole Grain (WG) Entrees *Daily Selection of Fresh or Prepared Fruit 100% juice -1/2 cup may take up to 1 cup *NY State Non-Fat or 1% White Milk 8oz
17 Chocolate Chip Muffin w/4oz Yogurt 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	18 Croissant Sandwich w/Egg, Cheese and Sausage 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	19 Buttered Bagel 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	20 Breakfast Wrap 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	21 Breakfast Pizza 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	
24 Chocolate Chip Muffin w/4oz Yogurt 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	25 Croissant Sandwich w/Egg, Cheese and Sausage 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	26 Buttered Bagel 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	27 Breakfast Wrap 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	28 Pancakes w/Syrup 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	
31 Chocolate Chip Muffin w/4oz Yogurt 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	 				

If your Son or Daughter has a particular food allergy, please contact the school nurse and the food service office @ vera.spurrier@lscsd.org. Additionally, ingredient and nutritional information is available upon request

**Students Receive
Free Breakfast**