



March
2025 PreK/BHS



Breakfast
Lake Shore



Monday		Tuesday	Wednesday	Thursday	Friday	Menu Subject to Change
3  WG Chocolate Chip Muffin 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4   1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	5  1/2 WG Bagel 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	6  1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	7  NO SCHOOL SUPERINTENDENT'S CONFERENCE DAY 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	<div>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></div> <div>Breakfast Options Daily *Daily Entrée-1 (2g) or *Cereal 2oz (2G) <u>Offered with all Breakfasts</u> *Whole Grain (WG) Entrees *Daily Selection of Fresh or Prepared Fruit 100% juice -1/2 cup *NY State Non-Fat or 1% White Milk 6oz</div>	
10 1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	11 WG Chocolate Chip Muffin 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	12 1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	13 1/2 WG Bagel 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	14 1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz		
17 WG Chocolate Chip Muffin 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	18 1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	19 1/2 WG Bagel 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	20 1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	21 WG Chocolate Chip Muffin 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz		
24 1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	25 WG Chocolate Chip Muffin 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	26 1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	27 1/2 WG Bagel 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	28 1oz Cereal 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz		
31 WG Chocolate Chip Muffin 4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz						
<div>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</div>						