




Monday	Tuesday	Wednesday	Thursday	Friday
Asst. Cereal Cups <b>3</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup	Muffin w/4 oz Yogurt <b>4</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	Mini Bagel <b>5</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	Cinnamon Roll <b>6</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	French Toast <b>7</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>
Cinnamini <b>10</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	Muffin w/4 oz Yogurt <b>11</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	Mini Waffle <b>12</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	Frudel <b>13</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	WG Donut <b>14</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>
Asst. Cereal Cups <b>17</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	Chef's Choice <b>18</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	<b>19</b> <i>Juneteenth</i>	Chef's Choice <b>20</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>	Chef's Choice <b>21</b> 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup <i>Milk-8oz</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

- Breakfast Options Daily**
- \*Daily Entrée-1 (2g) or
  - \*Cereal 2 oz- (2G)
  - \*Bagel w/ cream cheese(2g)
  - \*Toast w/ Butter(2g)
  - \*Breakfast Pizza
  - \*Breakfast Sandwich
- Offered with all Breakfasts**
- \*Whole Grain (WG) Entrees
  - \*Daily Selection of 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

**Student \$2.00**

If your Son or Daughter has a particular food allergy, please contact the food service office @

FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in NSLP and NSBP. Including all specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk



NYS Apples

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
MySchoolBucks.com

