

Monday	Tuesday	Wednesday	Thursday	Friday
				
1 Powdered Donut Holes	2 Mini Pancakes or Waffles	3 Yogurt Cup w/Goldfish Graham	4 Cinnamon Bun	5 Cinnamon/ Sugar Donut
6 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk -8oz	7 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8 oz	8 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk -8oz	9 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup Milk-8oz	10 100% fruit Juice ½ Cup Or Prepared Fruit ½ Cup Milk -8oz
11 Fruit Muffin w/ Toast	12 Maple Flatbread Sandwich	13 Cereal Bar w/ Toast	14 Glazed Donut Holes	15 Mini Pancakes
16 100% Fruit Juice ½ Cup or prepared Fruit ½ Cup Milk-8oz	17 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	18 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk -8oz	19 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	20 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk -8oz
21 Biscuit Sandwich	22 Pancake Bites	23 PRESIDENTS DAY	24 No Classes	25 Enjoy Your Winter Break
26 Fruit Muffin w/Toast	27 Biscuit Sandwich	28 Maple Flatbread Sandwich	29 Powdered Donut	
30 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	31 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz			



- \*Daily Entrée-1 (2g) or
- \*Cereal 1 oz- with WG Crackers(2G)
- 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

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

If your Son or Daughter has a particular food allergy, please contact the food service office @ spaden@swcsk12.org