


Menu is subject to change.




Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Spring Breakfast

<p>8</p> 	<p>9</p> <p>Frudel</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8 oz</p>	<p>10</p> <p>Bagel w/Cream Cheese</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk -8oz</p>	<p>11</p> <p>Blueberry Muffin w/ Yogurt</p> <p>100% Fruit Juice ½ Cup or prepared Fruit ½ Cup</p> <p>----- Milk-8oz</p>	<p>12</p> <p>Cinnamon Roll</p> <p>100% Fruit Juice ½ Cup or prepared Fruit ½ Cup</p> <p>----- Milk-8oz</p>
<p>15</p> <p>Mini Waffles</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>	<p>16</p> <p>Cinni Mini</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>	<p>17</p> <p>Bagel w/Cream Cheese</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk -8oz</p>	<p>18</p> <p>Chocolate Muffin w/ Yogurt</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk -8oz</p>	<p>19</p> <p>Sprinkled Donut</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk -8oz</p>
<p>22</p> <p>French Toast Rush</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>	<p>23</p> <p>Frudel</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>	<p>24</p> <p>Bagel w/Cream Cheese</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>	<p>25</p> <p>Apple Muffin w/ Yogurt</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>	<p>26</p> <p>Cocoa Puff Filled Bar</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>
<p>29</p> <p>Mini Waffles</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>	<p>30</p> <p>Cinni Mini</p> <p>100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup</p> <p>----- Milk-8oz</p>			

- Breakfast Options Daily**
- *Daily Entrée-1 (2g) or
 - *Cereal 2 oz- (2G)
- 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

If your Son or Daughter has a particular food allergy, please contact the food service office @ (716) 337-0166

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

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