

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

Student $

Adult $



Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased

risk of being overweight

**NYS Apples**

**NYS Potatoes**

9-12

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

**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**

**MAY 2024**

Holley Jr./Sr. High

Breakfast Sandwich

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Pizza

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Donuts

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Pancakes

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Sandwich

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Pizza

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Donuts

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Frudels

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Sandwich

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Pizza

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Donuts

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Sandwich

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Donuts

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Pizza

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

No School

Memorial Day

Frudels

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

]

Frudels

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

]

Donuts

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Pizza

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Breakfast Sandwich

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Pancakes

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Pancakes

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz

Frudels

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100% Fruit Juice ½ Cup

or

Fresh Fruit ½ Cup

Milk-8oz