



NYS Apples

May


2025 PreK/BHS



Breakfast

Lake Shore



Monday	Tuesday	Wednesday	Thursday	Friday
			¹ WG Blueberry Muffin	² 1oz Cereal
			4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz
⁵ WG Chocolate Chip Muffin	⁶ 1oz Cereal	⁷ WG Blueberry Muffin	⁸ 1oz Cereal	⁹ WG Chocolate Chip Muffin
4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz
¹² 1oz Cereal	¹³ WG Chocolate Chip Muffin	¹⁴ 1oz Cereal	¹⁵ WG Blueberry Muffin	¹⁶ 1oz Cereal
4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz
¹⁹ WG Chocolate Chip Muffin	²⁰ 1oz Cereal	²¹ WG Blueberry Muffin	²² 1oz Cereal	²³ WG Chocolate Chip Muffin
4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz
²⁶ Happy Memorial Day! <small>Memorial Day</small>	²⁷ 1oz Cereal	²⁸ WG Chocolate Chip Muffin	²⁹ 1oz Cereal	³⁰ WG Blueberry Muffin
	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz	4oz Assorted Juice Cup 1/2c Fresh or Prepared Fruit 1/2c Milk-6oz

Menu Subject to Change

NYS LOCAL FOODS

*Upstate Farms
Milk, Yogurt, Sour Cream
Eden Valley Growers
Assorted Varieties of Apples
Eden Valley Growers
Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

Breakfast Options Daily

*Daily Entrée-1 (2g) or

*Cereal 2oz (2G)

Offered with all Breakfasts

*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



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

**Students Receive
Free Breakfast**