



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

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

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**