

Center for Spectrum Services
Ellenville Breakfast Menu 2018-2019



AVAILABLE EVERY DAY



Cold Cereal, (Raisin Bran, Whole Grain Cherrios, Kix)

1% Skim Milk, Apple or Orange Juice

Fresh Fruit, Whole Wheat Bagels, Eggs and Waffles

Orange Marmalade, Strawberry Preserves, Cream Cheese,

Stonefield Low Fat Vanilla Yogurt



*Center for Spectrum Services follows School Nutrition Standards for Breakfast and Lunch.
These standards require: Low fat or skim milk. Calorie Range for breakfast = 450-500 Calorie Range for lunch = 600-650*