

Center for Spectrum Services  
Kingston Breakfast Menu 2018-2019



**AVAILABLE EVERY DAY**



Cold Cereal (Raisin Bran/Whole Grain Cheerios/ Corn Flakes)

1% & Skim Milk

Apple & Orange Juice

Fresh Fruit

Bagel with Fruit Jam and/or Butter

Low-Fat Yogurt



**WEDNESDAY:** Whole Grain Pancake Day  
Served with Strawberry Preserves



**THURSDAY:** Scrambled Eggs

*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*