

Center for Spectrum Services
Ellenville Breakfast Menu



AVAILABLE EVERY DAY



AVAILABLE EVERYDAY: Cold Cereal, (Raisin Bran, Whole Grain Cherrios,)



1% Skim Milk,

Apple or Orange Juice

Fresh Fruit, Bagels with fruit jam and or butter,

Low Fat Vanilla Yogurt



WEDNESDAY: Whole wheat French Toast or GF, Casin Free bread with strawberry preserves or maple syrup

Center for Spectrum Services follows school nutrition standards for Breakfast

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