

Center for Spectrum Services Kingston Breakfast Menu



AVAILABLE EVERY DAY



Cold Cereal (Whole Grain Cheerios or 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*