

**GLOBAL
CONCEPTS
CHARTER SCHOOLS
Breakfast Menu K-12
Student Price\$2.00**

May 2019

Pre-Paid Full & Reduced Lunches are available daily, weekly and monthly weekly, monthly, yearly.

Menu is subject to change.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity employer & provider</p>	<p>Proudly Participating in Farm To School Programs! This Month Featuring NY State Apples From LynOaken Farms!!</p>	<p>¹ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>² French Toast Sticks (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>³ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>⁶ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p> 	<p>⁷ Whole Grain Doughnut (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>⁸ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>⁹ Whole Grain Muffin (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>¹⁰ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
<p>¹³ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>¹⁴ Superintendent's Day No School</p>	<p>¹⁵ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>¹⁶ Whole Grain Doughnut (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>¹⁷ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>
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<p>²⁷ Memorial Day Observance No School</p>	<p>²⁸ Pancakes (2G) w/Syrup Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>²⁹ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>	<p>³⁰ Whole Grain Doughnut (2G) Or Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non-or Low Fat Milk</p>	<p>³¹ Bagel w/ Toppings (2G) Cereal w/1/2 Bagel (2G) ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk</p>

Choose an item from between each of the dotted line sections

Must take at least 2 Items

We offer fresh, prepared fruits and juice daily

Non or Low Fat White or Non-Fat Chocolate Milk



Did You Know.....

All of the grains and breads we use are "whole grain-rich". Meaning they contain at least 51% whole grain meal &/or flour. These requirements also reflect the 2010 Dietary Guidelines for Americans, which recommended making whole grains at least half of all grains consumed.