

FOR ACCESSIBILITY HELP PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

BREAKFAST IS SERVED

**7:30AM - 10:00AM**

**COMPLETE BREAKFAST**  
GRAIN, FRUIT  
OR 100% FRUIT JUICE (APPLE OR ORANGE)  
& CHOICE OF MILK (1% OR SKIM)

ONE COMPLETE BREAKFAST IS SERVED AT  
**NO CHARGE** TO ALL STUDENTS DAILY.

ADULT BREAKFAST \$3.50 + TAX  
\*ADULT PREMIUM BREAKFAST \$3.75 + TAX

**SCRAMBLED EGGS**

MADE FRESH EVERY DAY

ON A BAGEL, WRAP OR ROLL  
WITH YOUR CHOICE

CHEESE  
OR  
\*BACON

**FRESH LOCAL BAGELS**

BUTTER OR CREAM CHEESE

**COLD CEREAL**

CINNAMON CHEX (GF)  
GOLDEN GRAHAMS (GF)  
CINNAMON TOAST CRUNCH

**MUFFINS**

APPLE CINNAMON  
BANANA  
BLUEBERRY  
CHOCOLATE CHIP

**OATMEAL BOWL**

MAPLE  
APPLE CINNAMON

**YOGURT PARFAIT**

FRUIT & NUT FREE GRANOLA

PLEASE FUND LUNCH ACCOUNTS FOR ALL  
SNACK AND A LA CARTE PURCHASES.

QUESTIONS?

CONTACT FOOD SERVICE

P. 516-277-7090

E: [NSLUNCH@NORTHSHORESCHOOLS.ORG](mailto:NSLUNCH@NORTHSHORESCHOOLS.ORG)

\* *Premium Breakfast*



**WELCOMING STUDENTS & STAFF  
EVERY MORNING!  
7:30AM - 10:00AM DAILY**

This institution is an equal opportunity provider. Menus are subject to change.

While the Food Service Dept. makes every effort to disclose to parents known allergens and ingredients that may be harmful to some children, the nature of the National School Lunch Program and our reliance on certain USDA provisions can sometimes render this effort ineffective by the presence of undisclosed or misnamed ingredients.