




**January**  
**2025**  
K-12



# Breakfast Gateway-



NYS Apples

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy New Year 2025</b>				
6 Maple Waffles  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	7 Ultimate Breakfast Round  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	8 Breakfast Sandwich  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	9 Bagel with Yogurt  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	10 Hardboiled Egg/Muffin  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
13 French Toast  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	14 Pancakes  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	15 Breakfast Sandwich  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	16 Cinnamon Roll  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	17 Muffins with a Yogurt  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
20 	21 Apple Frudel  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	22 Breakfast Sandwich  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	23 Bagel With Yogurt  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	24 Blueberry Muffin/ Yogurt  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
27 French Toast and Syrup  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	28 Maple Pancakes  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	29 Breakfast Sandwich  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	30 Pop Tarts  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	31 Cinnamon Roll  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz

### NYS LOCAL FOODS

\*Upstate Farms  
Milk, Yogurt, Sour Cream  
Preston Farms  
Assorted Varieties of Apples  
Eden Valley Growers  
Assorted Fruits & Vegetables  
used in Meal Program highlighted in green

### Breakfast Options Daily

\*Daily Entrée-1 (2g) or

\*Cereal 2oz (2G)

WG Bagels (2G)

### Offered with all Breakfasts

\*Whole Grain (WG) Entrees

\*Daily Selection of

Fresh or Prepared Fruit

100% juice -1/2 cup

may take up to 1 cup

\*NY State Non-Fat or 1% White Milk

8oz

All Meals are  
free for Stu-

If your student has a particular food allergy,  
please contact the Health Service office and  
foodservice@ 783.3100