



November 2024





Breakfast

Gateway-



NYS Apples
NYS Brussel
Sprouts
NYS Kale

K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cooper Street Bars
				4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
4 French Toast and Syrup	5 Maple Pancakes	6 Breakfast Sandwich	7 Bagel with Yogurt	8 Staff Development Day
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	
11 Veterans Day	12 Apple Frudel	13 Breakfast Sandwich	14 Bagel With Yogurt	15 Blueberry Muffins
	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
18 French Toast and Syrup	19 Maple Pancakes	20 Breakfast Sandwich	21 Pop Tarts	22 Cinnamon Rolls
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
25 Pancakes	26 Cooper Street Bars	27 	28 	29
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz			

NYS LOCAL FOODS
 *Upstate Farms
 Milk, Yogurt, Sour Cream
 *Eden Valley Growers
 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) or

*Bagel (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

If you has a particular food allergy,
 please contact the Health Service Office
 and foodservice @
 (716)783.3100

All Meals are
 Free for Stu-
 dents