



Menu is subject to change.

Breakfast Options

Daily

*Daily Entrée-1 (2g) or

*Cereal 2 oz.

Offered with all

Breakfasts

*Whole Grain (WG)

Entrees

*Daily Selection

of Fresh &

Prepared Fruit

or 100% juice -1/2 cup
servings may take 1 cup

*NY State Non Fat Milk

8oz



Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

Monday

Maple Waffles

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Tuesday

Ultimate Breakfast Round

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Wednesday

Breakfast Sandwich

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Thursday

Bagel with Yogurt

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Friday

Hardboiled Egg/Muffin

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

French Toast

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Pancakes

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk-8oz

Breakfast Sandwich

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Milk -8oz

Bagel with Yogurt

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Blueberry Muffins

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Maple Waffles

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Cherry Frudel

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Breakfast Sandwich

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Bagel With Yogurt

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Banana Muffin

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

French Toast Sticks

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Maple Pancakes

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Breakfast Sandwich

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Brown Sugar Pop Tarts

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Staff Development Day

Pancakes

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

Strawberry Pop Tarts

100% Fruit Juice ½ Cup
or
prepared Fruit ½ Cup

Milk-8oz

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