



NYS Apples

April 2025 K-12



Breakfast Gateway-



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Apple Frudel	2 Breakfast Sandwich	3 Bagel With Yogurt	4 Blueberry Muffin/ Yogurt
	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
7 French Toast and Syrup	8 Maple Pancakes	9 Breakfast Sandwich	10 Cooper Street Bars	11 Cinnamon Roll
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
14	15	16	17	18
	<h2>Spring Break!!</h2>			
21 No School 	22 Cooper Street Bars	23 Breakfast Sandwich	24 Bagel with Yogurt	25 Choc. Chip Muffin
	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
28 French Toast	29 Pancakes	30 National Tye-Dye Day Breakfast Sandwich 		
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		

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)

*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

Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN

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

All Meals are Free for Students