



December 2024

K-12



Breakfast Gateway-



NYS Apples
NYS Spaghetti,
Butternut and
acorn Squashes

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	3 Pop Tarts 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4 Breakfast Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	5 Breakfast Breaks 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	6 Blueberry Muffin/Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
9 Maple Waffles 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	10 Ultimate Breakfast Round 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	11 Breakfast Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	12 Bagel with Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	13 Hardboiled Egg with a Muffin 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
16 French Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	17 Pancakes and Syrup 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	18 Breakfast Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	19 Bagel with Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	20 Cinnamon Roll 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
23	24	25	26	27
30	<h1>Christmas Recess</h1>			

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
- *WG 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 your Student has a particular food allergy, please contact the Health Service office and foodservice @

783.3100

All Meals are Free for Students