



JANUARY 2024

SMSD K-12

Personal Touch
FOOD SERVICE

Menu is Subject to Change.



Breakfast Options Daily

*Daily Entrée-1 (2g) or

*Cereal 1 oz- with WG Crackers(2G)

Offered with all Breakfasts

*Whole Grain (WG) Entrees

*Daily Selection or 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

New Years Day

NO SCHOOL

Tuesday

Assorted Cereals &
Graham Crackers
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Wednesday

Pancakes & Syrup
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Thursday

Chocolate Chip
Muffins & Yogurt Cups
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Friday

Mini French Toast
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Assorted Cereals &
Graham Crackers
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Waffles & Syrup
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Muffins &
4 oz Yogurt Cups
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

French Toast
Sticks
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

NO SCHOOL
Professional
Development Day
Staff Only



Assorted Cereals &
Graham Crackers
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Cinnamon Mini
Bagel Bites
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Egg & Cheese
English Muffin
Sandwich
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Bagel & Cream
Cheese
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Assorted Cereals &
Graham Crackers
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Assorted Muffins
4oz Yogurt Cups
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Iced Cinnamon
Bars
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

French Toast
Sticks
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Bagels &
Cream Cheese
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Assorted Cereals &
Graham Crackers
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Pancake Bites &
White icing
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Egg & Cheese
Sandwich
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

If your Son or Daughter has a particular food allergy,
Please Contact the Food Service Office @ EXT. 219