

Monday

Tuesday

Wednesday

Thursday

Friday



5
Assorted Cereals & Graham Crackers
100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

6
Assorted Muffins & Yogurt Cups
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8 oz

7
Cinnamon French Toast Sticks
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk -8oz

8
Egg & Cheese Breakfast Pizza
100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

9
WG Maple Cinnamon Pancakes
100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

12
Assorted Cereals & Graham Crackers
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

13
Eggo French Toast Chocolate Chip
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

14
Egg & Cheese on a WG English Muffin
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk -8oz

15
Assorted Muffins & Yogurt Cups
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk -8oz

16
Yogurt Parfaits & Tiger Grahams
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk -8oz

19
Mid-Winter Break


20
Mid-Winter Break


21
Mid-Winter Break


22
Mid-Winter Break


23
Mid-Winter Break


26
Assorted Cereals & Graham Crackers
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

27
WG Waffles & Syrup
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

28
Assorted Muffins & Yogurt Cups
100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

29
Mini Strawberry Cream Cheese Bagels
100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz


If your Son/ Daughter has a particular food allergy, please contact the food service office @ 716-834-7200
EX219 Maggie OR
maggiec@smsdk12.org

Personal Touch
FOOD SERVICE



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

FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in NSLP and NSBP. Including all specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk