

K-12 Breakfast

Menu is subject to change

OCTOBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
REMEMBER TO WASH YOUR HANDS BEFORE EVERY MEAL		ATTN: May Choose Cereal & Graham Crackers w/ Milk Daily for Substitution Of Main Entrée		1 Cereal & 1/2 Bagel 4oz Juice Cup 4oz Fruit Cup 1% Milk
4 Assorted Cereals & Graham Crackers Milk 4oz Juice Cup 4oz Fruit Cup	5 Strawberry Yogurt Cups & Muffin 4oz Juice Cup 4oz Fruit 1% Milk	6 Egg & Cheese Breakfast Sandwich 4oz Juice 4oz Fruit Cup 1% Milk	7 Mini Pancakes 4oz Juice Cup 4oz Fruit Cup 1% Milk	8 NO SCHOOL PARENT CONFERENCE DAY
11 NO SCHOOL	12 Mini Maple Chip Waffles & Syrup 4oz Juice Cup 4oz Fruit 1% Milk	13 Breakfast Sandwich 4oz Juice Cup 4oz Fruit Cup 1% Milk	14 WG Donuts 4oz Juice Cups 4oz Fruit Cups 1% Milk	15 French Toast Bites & Syrup 4oz Juice Cup 4oz Fruit 1% Milk
18 Oatmeal Chocolate Chip Benefit Bars (2.5oz) 4oz Juice Cups 4oz Fruit Cups 1% Milk	19 Maple Waffles & Syrup 4oz Juice Cup 4oz Fruit Cup 1% Milk	20 Strawberry & Cream Cheese Bagel 4oz Juice Cup 4oz Fruit Cup 1% Milk	21 Muffins & Yogurt Cups 4oz Juice Cup 4oz Fruit Cup 1% Milk	22 Egg & Cheese Flat Breads 4oz Juice Cup 4oz Fruit Cup 1% Milk
25 Cereal & Graham Crackers 4oz Juice 4oz Fruit 1% Milk	26 Pancakes & Syrup 4oz Juice Cup 4oz Fruit 1% Milk	27 Egg & Cheese Breakfast Sandwich 4oz Juice Cup 4oz Fruit 1% Milk	28 Bagel & Cream Cheese 4oz Juice Cup 4oz Fruit Cup 1% Milk	29 WG Cinna-Bar (2.9oz) 4oz juice Cup 4oz Fruit Cup 1% Milk

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



- Start with a:
- Vegetable or Fruit (Better yet, take both!)
 - Choose whole grains
 - Pick a lean protein
 - Add a serving of dairy

take 3 at least

Breakfast Requirements:

Must Choose 3:
2oz Whole Grain Choice along with
Fresh (NYS Apples-Bananas)
OR Prepared Fruit Cups
Chilled 100% Juice
And
Non or Low Fat White or Chocolate Milk
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AVAILABLE DAILY:
ASSORTED CEREALS
YOGURT CUPS
GRANOLA & BREAKFAST BARS