



Breakfast



Elementary					Onteora Central School District		October 2022		
Monday	3	Tuesday	4	Wednesday	5	Thursday	6	Friday	7
Breakfast Bar with Juice Fruit and/or Milk		Cheerios Cereal and Graham Bites with Juice Fruit and/or Milk		School Closed		Banana Muffin with Juice Fruit and/or Milk		Mini Cinnis Pull-Aparts with Juice Fruit and/or Milk	
Monday	10	Tuesday	11	Wednesday	12	Thursday	13	Friday	14
School Closed		Breakfast Bun with Juice Fruit and/or Milk		Mini Waffles (Blueberry) with Juice Fruit and/or Milk		Yogurt and Graham Crackers with Juice Fruit and/or Milk		Apple Jacks Cereal and a Cheese Stick with Juice Fruit and/or Milk	
Monday	17	Tuesday	18	Wednesday	19	Thursday	20	Friday	21
Apple Cinnamon Muffin with Juice Fruit and/or Milk		Mini Pancakes with Juice Fruit and/or Milk		School Closed		Cheerios Cereal and a Cheese Stick with Juice Fruit and/or Milk		Strawberry Cream Cheese Filled Mini Bagels with Juice Fruit and/or Milk	
Monday	24	Tuesday	25	Wednesday	26	Thursday	27	Friday	28
Yogurt and Graham Crackers with Juice Fruit and/or Milk		Frosted Flakes Cereal and a Cheese Stick with Juice Fruit and/or Milk		Mini Waffles (Maple) with Juice Fruit and/or Milk		Blueberry Muffin with Juice Fruit and/or Milk		Breakfast Bun with Juice Fruit and/or Milk	
Monday	31				Breakfast is an important part of the day! Please encourage your children to Eat Breakfast every day at School or at home. Remember: Breakfast and Lunch is at no charge for K-6 students during the 2022-2023 School Year!				

Offered Daily:
LOCAL 1% and Skim **Milk**
 Fresh Fruit and 100% Juice

Makes checks payable to **Onteora CSD Food Service** or payment may be applied on-line through the parent portal

Menu subject to change without notice.

Eat Well and Be Happy!

This organization is an equal opportunity provider and employer.