

# BREAKFAST MENU

Grab & Go

Breakfast is Free | Menu is subject to change | For more information, contact [hmielnicki@oneida-boces.org](mailto:hmielnicki@oneida-boces.org)

## OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> Nature Valley Oatmeal Round	<b>03</b> Whole Grain Bagel with Cream Cheese	<b>04</b> Whole Grain Chocolate Chip Muffin Top	<b>05</b> Zee Zee Bar	<b>06</b> Assorted Whole Grain Muffins
<b>09</b> Indigenous People Day	<b>10</b> Snackin' Waffles	<b>11</b> Fruit Frudel	<b>12</b> Mini Cinni	<b>13</b> Nature Valley Oatmeal Round
<b>16</b> Whole Grain Bagel with Cream Cheese	<b>17</b> Whole Grain Chocolate Chip Muffin Top	<b>18</b> Zee Zee Bar	<b>19</b> Assorted Whole Grain Muffins	<b>20</b> Snackin' Waffles
<b>23</b> Fruit Frudel	<b>24</b> Mini Cinni	<b>25</b> Assorted Whole Grain Muffins	<b>26</b> Nature Valley Oatmeal Round	<b>27</b> Whole Grain Bagel with Cream Cheese
<b>30</b> Zee Zee Bar	<b>31</b> Happy Halloween! Whole Grain Chocolate Chip Muffin Top			



### Available Daily:

- Whole Grain Toast (1 or 2 slices as an entrée)
- Yogurt – 1 with or without toast as an entrée
- Assorted Cold Whole Grain Cereals
- Fresh Fruit
- Chilled Fruit Juice
- Ice Cold New York State Milk

### Local Items this Month:

Milk, Yogurt, Meatballs, Hot Dogs, Corn, Rainbow Carrots, Carrots, Green Beans, Black Beans, Cauliflower, Pears, Miss Milla's Cookies.

\*Local items are indicated in bold on the menu\*

