



September 2024



Breakfast

IROQUOIS



NYS Apples
NYS Corn
NYS Cucumber
NYS Roma Tomatoes

K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL	4 Mini Maple Waffle 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	5 Apple Frudel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	6 Whole Grain Donut 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
9 Pop Tart & 4 oz Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	10 Mini French Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	11 Mini Blueberry Waffle 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	12 Cinnamon Toast Bar 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	13 Sausage, Egg & Cheese Breakfast Wrap 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
16 Muffin & 4 oz Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	17 Cinni Mini 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	18 Mini Maple Waffle 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	19 Apple Frudel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	20 Whole Grain Donut 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
23 Pop Tart & 4 oz Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	24 Mini French Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	25 Mini Blueberry Waffle 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	26 Cinnamon Toast Bar 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	27 Sausage, Egg & Cheese Breakfast Wrap 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
30 Muffin & 4 oz Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz				

NYS LOCAL FOODS
 *Upstate Farms
 Milk, Yogurt, Sour Cream
 *LynOaken Farms
 Assorted Varieties of Apples
 Eden Valley Growers
 Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

Breakfast Options Daily

*Daily Entrée-1 (2g) or

*Cereal 2oz (2G)

Offered with all Breakfasts

*Whole Grain (WG) Entrees

*Daily Selection of
 Fresh or Prepared Fruit
 100% juice -1/2 cup
 may take up to 1 cup

*NY State Non-Fat or 1% White Milk
 8oz

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

Student \$1.90
 Adult \$ 2.75

If your child has a particular food allergy, please contact the food service office @ (716)652-3000/ext 7701