



September 2024



Breakfast

Eden Central School District



NYS Apples
NYS Corn
NYS Cucumber
NYS Roma Tomatoes

K-12

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 XXXXXXXXXXXX All student meals are now free. This includes breakfast and lunch. Students must choose the required components or will be charged ala carte prices	4	5 Cinnamon & Sugar Donut	6 Strawberry Cream Cheese Bagel
9 Yogurt Cup with a Muffin	10 Apple Frudel	11 Sausage & Cheese On Bun	12 Mini Blueberry Waffles	13 Cinnamon Roll
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
16 Yogurt Cup with a Muffin	17 Mini Cinni Pastry	18 Ham, Egg & Cheese On Bagel	19 Cinnamon Toast Crunch Bar	20 Breakfast Burrito with Ham
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
23 Yogurt Cup with a Muffin	24 Cherry Frudel	25 Egg & Cheese on Croissant	26 Cinnamon & Sugar Donut	27 Sausage & Cheese on Maple Flatbread
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
30 Yogurt Cup with a Muffin				
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz				

NYS LOCAL FOODS
 *Upstate Farms
 Milk, Yogurt, Sour Cream
 *NYS 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

**Must take at least
 1/2c fruit or vegetable
 with your meal.**

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com

Student \$0.00
 Adult \$3.10+tax

If you has a particular food allergy,
 please contact the food service office @
 (716)992-3623