



October 2024



Breakfast

IROQUOIS



NYS Apples
NYS Cauliflower
NYS Kale
NYS Broccoli
NYS Bell Peppers

K-12

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Halloween 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1 Cinni Mini	2 Maple Waffle	3 Cherry Frudel	4 Breakfast Wrap Egg, Sausage & Cheese
	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
7 Pop Tart & 4oz Yogurt	8 Mini French Toast	9 Blueberry Waffle	10 Apple Frudel	11 NO
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	SCHOOL
14 No	15 Cinni Mini	16 Maple Waffle	17 Cherry Frudel	18 Whole Grain Donut
SCHOOL	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
21 Muffin & 4oz Yogurt	22 Mini French Toast	23 Blueberry Waffle	24 Apple Frudel	25 Breakfast Wrap Egg, Sausage & Cheese
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
28 Pop Tart & 4oz Yogurt	29 Cinnamon Toast Bar	30 Assorted Cereal	31 Breakfast Pizza	
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	

NYS LOCAL FOODS
 *Upstate Farms
 Milk, Yogurt, Sour Cream
 Eden Valley Grower
 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

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

Student \$1.90
 Adult \$2.75