



# December 2024

## K-12



# Breakfast

## IROQUOIS



NYS Apples  
NYS Spaghetti,  
Butternut and  
acorn Squashes

### NYS LOCAL FOODS

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Muffin & 4oz Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	3 Cinni Mini 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	4 Maple Waffle 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	5 Apple Frudel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	6 Breakfast Wrap Egg, Sausage, & Cheese 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>
9 Pop Tart & 4oz Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	10 Mini French Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	11 Blueberry Waffle 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	12 Cherry Frudel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	13 Cinnamon Toast Bar 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>
16 Muffin & 4oz Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	17 Cinni Mini 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	18 Maple Waffle 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	19 Apple Frudel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>	20 Whole Grain Donut 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <i>Milk-8oz</i>
23	24	25	26	27
<h1>Christmas Recess</h1>				
30				

### 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)652-3000/7701

Student \$1.90  
Adult \$2.75