

BREAKFAST MENU

Frankfort-Schuyler Jr./Sr. High School

Breakfast is Free | Menu is subject to change | For more information, contact hdussault@oneida-boces.org

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Happy New Year! No School	2 No School	3 No School
6 Apple Frudel	7 Yogurt Parfait	8 Breakfast Sandwich	9 Nature Valley Oatmeal Round	10 Snackin' Waffle
13 Mini Cinni	14 Whole Grain Pancakes	15 National Bagel Day! Whole Grain Bagel with Cream Cheese	16 Breakfast Pizza	17 Assorted Whole Grain Muffins & Yogurt
20 Martin Luther King Jr. Day - No School	21 Apple Frudel	22 Good Morning Wrap	New! 23 Cinnamon Bun	24 Pancake Sausage Stick
27 Zee Zee Bar	28 Homemade Apple Cinnamon Muffin or Muffin Bar & Yogurt	29 Lunar New Year - No School	30 National Oatmeal Month! Overnight Oats	31 Whole Grain Bagel with Cream Cheese

EZ SchoolPay
.com

Available Daily

- Yogurt
- Assorted Whole Grain Cereals
- Fresh Fruit
- Chilled Fruit Juice
- Ice-Cold New York State Milk

OHM BOCES Food Service is an Equal Opportunity Employer.

LUNCH MENU

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JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Happy New Year! No School	2 No School	3 No School
6 Homestyle Plain or Buffalo Chicken Tenders Goldfish Crackers Broccoli	7 Nachos with Queso ★Corn	8 Mozzarella Sticks with Dipping Sauce ★Green Beans	9 Utica's Famous Chicken Riggies ★Carrots	10 Pizza Party! Cheesy Cheese or Garlic Pizza Fresh Green Salad
13 Boneless Chicken Bites Plain or BBQ Buttered Noodles Broccoli	14 Beef Chili & Tortilla Chips ★Corn	15 Italian Dunkers with Dipping Sauce ★Green Beans ★Sunshine Bar	16 Brunch for Lunch! French Toast Sticks Breakfast Sausage Golden Hashbrown	17 National Pizza Week! Cheesy Cheese or Pepperoni Pizza Fresh Green Salad
20 Martin Luther King Jr. Day - No School	21 Crispy Chicken or Chicken Parm Sandwich Broccoli	22 Max Pizza Sticks ★Green Beans	23 Backyard BBQ Hamburger or Cheeseburger ★Roasted Ranch Potatoes Oreo Whip	24 Pizza Party! Cheesy Cheese or Buffalo Chicken Pizza Fresh Green Salad
27 Homestyle Plain or Buff Ranch Chicken Tenders Goldfish Crackers Broccoli	28 Tot-Chos with Queso ★Corn	29 Lunar New Year - No School	30 Game Day Buffalo Chicken Dip with Tortilla Chips ★Roasted Cauliflower ★Miss Mila's Cookie	31 Pizza Party! Cheesy Cheese or Chicken, Bacon & Ranch Pizza Fresh Green Salad



Available Daily
Salad Bar – Featuring a variety of
self-serve fruit, vegetable &
protein options
Party Plates
Fresh Subs and Wraps
Assorted Fresh Fruit
Vegetable Cruncher Cups
Variety of Fresh Fruit & Juice
Ice Cold New York State Milk

Local Items this Month

Milk, Yogurt, Meatballs, Corn,
Potatoes, Cauliflower, Green Beans,
Grape Slushie,
Miss Mila's Cookie

★ Local items are indicated with a
star on the menu

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