



**January**  
**2025**  
K-12




# Breakfast

## IROQUOIS



NYS Apples

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy New Year</b>				
<b>2025</b>				
6 Pop Tart & 4 oz Yogurt  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	7 Cinni Mini  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	8 Maple Waffle  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	9 Cherry Frudel  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	10 Breakfast Wrap Sausage, Egg & Cheese  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
13 Muffin & 4oz Yogurt  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	14 Mini French Toast  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	15 Blueberry Waffle  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	16 Apple Frudel  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	17 Cinnamon Toast Bar  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
20 	21 Cinni Mini  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	22 Maple Waffle  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	23 Cherry Frudel  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	24 Whole Grain Donut  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
27 Pop Tart & 4oz Yogurt  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	28 Mini French Toast  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	29 <b>NO SCHOOL</b>	30 Apple Frudel  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	31 Breakfast Wrap Sausage, Egg, & Cheese  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>

### NYS LOCAL FOODS

\*Upstate Farms  
Milk, Yogurt, Sour Cream  
Preston 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



**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**