









NYS Apples

February 2025 K-12



Breakfast Southwestern Central School



Monday	Tuesday	Wednesday	Thursday	Friday
3 Fruit Muffin w/ Toast	4 Breakfast Sandwich	5 Cereal Bar w/Toast	6 Bagel w/ Cream Cheese	7 Mini Waffle
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
10 Granola Bake w/Toast	11 Frudel	12 Mini French Toast	13 Breakfast Sandwich	14 Oatmeal Round 
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
17  PRESIDENT'S DAY No Classes	18 	19 	20 	21 
24 Pop Tart w/Toast	25 Mini Bagel	26 Granola Bake w/Toast	27 Pancake Bites	28 Oatmeal Round
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

MID WINTER Break Break FEB.18-21

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 student has a particular food allergy,
please contact the food service office @
spaden@swcsc12.org