



# March







## 2025 K-12



# Breakfast

## Southwestern Central School



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Can't "Fix" Me Muffin Top  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>4</b> Plot "Twist" Fresh Cinnamon Roll with Icing  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>5</b> "Magnify" Healthy Eating Sausage, Egg and Cheese Bagel  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>6</b> No "mi-Steak-ing" Healthalicious Steak, Egg and Cheese Pizza  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>7</b>   Superintendent's Day No Classes
<b>10</b> Cereal Bar w/ Toast  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>11</b> Ham, Egg & Cheese Breakfast Sandwich  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>12</b> "Sweet Success" Waffles with Strawberry Topping  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>13</b> Fruit Muffin  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>14</b> Mini Cinnis  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
<b>17</b> Granola Bake   4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>18</b> Chocolate Chip Muffin w/ Toast  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>19</b> Mini Waffle  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>20</b> Sausage & Cheese On English Muffin  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>21</b> Frudel  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
<b>24</b> Pop Tart w/ Toast  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>25</b> French Toast Sticks  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>26</b> Breakfast Sandwich  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>27</b> Fruit Muffin w/ Toast  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>	<b>28</b> Mini Bagel  4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c <b>Milk-8oz</b>
<b>31</b> Cereal Bar w/ Toast  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

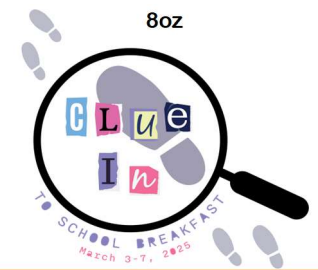
\*Daily Selection of

Fresh or Prepared Fruit

100% juice -1/2 cup

may take up to 1 cup

\*NY State Non-Fat or 1% White Milk  
8oz



If your student has a particular food allergy, please contact the food service office @ [spaden@swcsh12.org](mailto:spaden@swcsh12.org)

