



NYS Apples






April 2025 K-12



Breakfast

Southwestern Central School



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mini Bagel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	2 Granola Bake 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	3 Breakfast Sandwich on English Muffin 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4 Mini Waffles 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
7 Oatmeal Round 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	8 Pancake Bites 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	9 Sausage & Cheese on English Muffin 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	10 Cinnamon Bun 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	11  No Classes
14 	<h2>Spring Break!! April 11th- 18th</h2>			18 
21 Fruit Muffin w/ Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	22 Mini Pancakes 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	23 Pop Tart w/ Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	24 Egg & Cheese Croissant 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	25 Granola Bake 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
28 Cereal Bar w/ Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	29 Granola Bake 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	30 Ham, Egg & Cheese On English Muffin 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz		

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

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

Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN

If your student has a particular food allergy, please contact the food service office @ spaden@swcsk12.org

