



NYS Apples

May

2025 K-12



Breakfast

IROQUOIS



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mini Maple Waffle	2 Apple Frudel
			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
5 Muffin & 4oz Yogurt	6 Mini French Toast	7 Breakfast Sandwich Egg, Sausage & Cheese	8 Mini Blueberry Waffle	9 Breakfast Pizza
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
12 Pop Tart & Yogurt	13 Cinni Mini	14 Breakfast Wrap Egg, Sausage & Cheese	15 Mini Maple Waffle	16 Apple Frudel
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
19 Muffin & 4oz Yogurt	20 Mini French Toast	21 Breakfast Sandwich Egg, Sausage & Cheese	22 Mini Blueberry Waffle	23 Breakfast Pizza
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
26 Happy Memorial Day! <small>Memorial Day</small>	27 Cinni Mini	28 Breakfast Wrap Egg, Sausage & Cheese	29 Whole Grain Donut	30 Apple Frudel
	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

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 @
(716)652-3000/EXT 7701

Student \$1.90
Adult \$2.75
CASH OR CHECK IS ACCEPTED
FREE OF CHARGE