



NYS Apples

May

2025 K-12



Breakfast



Southwestern Central School

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pancake Bitew w/ Syrup	2 Mini Bagel
			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 Chocolate Chip Muffin w/ Toast	6 Cinnamon Bun	7 French Toast Sticks w/ Syrup	8 Cinnamon/Sugar Pretzel	9 Breakfast Sandwich
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 Granola Bake w/ Toast	13 Ham & Cheese On Croissant	14 Warm Donut	15 Mini Cinni	16 Pancakes w/ Syrup
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 Pop Tart w/ Toast	20 Pancake Bites w/ Syrup	21 Sausage & Cheese on English Muffin	22 Fruit Muffin w/ Toast	23 Ham & Egg on Biscuit
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 Cereal Bar w/ Toast	28 Muffin Top	29 Mini Bagel	30 Granola Bake w/ Toast
	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 @

spaden@swcsk12.org

