

BREAKFAST

This is an equal opportunity employer

MARCH 2026

Ticonderoga Central School

All meals being served are within the NSLP guidelines.

Monday

2
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Muffin (2oz) with yogurt (4oz)

9
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Muffin (2oz) with yogurt (4oz)

16
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Muffin (2oz) with yogurt (4oz)

23
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Muffin (2oz) with yogurt (4oz)

30
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Muffin (2oz) with yogurt (4oz)

Tuesday

3
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Egg sandwich (3 oz)

10
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Egg sandwich (3 oz)

17
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Egg sandwich (3 oz)

24
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Egg sandwich (3 oz)

31
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Egg sandwich (3 oz)

Wednesday

4
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Pancake (2oz)
 Sausage link (2oz)

11
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Pancake (2oz)
 Sausage link (2oz)

18
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Pancake (2oz)
 Sausage link (2oz)

25
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Pancake (2oz)
 Sausage link (2oz)

Thursday

5
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Hardboiled egg (1 ea)

12
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Hardboiled egg (1 ea)

19
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Hardboiled egg (1 ea)

26
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Hardboiled egg (1 ea)

Friday

6
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Toasted Bagel with Cr. Cheese

13
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Toasted Bagel with Cr. Cheese

20
 No
 School
 Staff Development

27
 Milk Variety
 100% Juice
 Fresh or canned fruits (1/2 cup)
 Cereal variety (1oz)
 Toasted Bagel with Cr. Cheese



Do you have food allergies? Have a visit with our School nurse Mrs. Bush or Mrs. Bilow