



October 2024



Breakfast



NYS Apples
NYS Cauliflower
NYS Kale
NYS Broccoli
NYS Bell Peppers

K-12

School Name

Happy Halloween

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy Halloween	2 Pancakes	3 Croissant Breakfast Sandwich	4 Smoothie with Graham Fish	5 Muffins with a Yogurt
	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
7 Maple Waffles	8 Apple Frudel	9 Croissant Breakfast Sandwich	10 Bagel With Yogurt	11 Blueberry Muffin/ Yogurt
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
14 No School	15 Maple Pancakes	16 Croissant Breakfast Sandwich	17 Pop Tarts	18 Cinnamon Roll
School Closed	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
21 Pancakes	22 Smoothie with Graham Fish	23 Breakfast Pizza	24 Breakfast Breaks	25 Blueberry Muffin/Yogurt
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
28 Maple Waffles	29 Ultimate Breakfast Round	30 Croissant Breakfast Sandwich	31 Bagel with Yogurt	
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 Grower
 Assorted Varieties of Apples
 Eden Valley Growers
 Assorted Fruits & Vegetables
 used in Meal Program
 highlighted in green

Breakfast Options Daily

- *Daily Entrée-1 (2g)
- *Cereal 2oz (2G)
- *WG Bagels (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

All Meals are free for Students

If you has a particular food allergy, please contact the Health Service office and foodservice @ (716)783.3100