



March

2025 K-12



Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
3 Can't "Irix" Me Muffin Top 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4 Plot "Twist" Fresh Cinnamon Roll with Icing 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	5 "Magnify" Healthy Eating Sausage, Egg and Cheese Bagel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	6 No mi-Steak-ing Healthalicious Steak, Egg and Cheese Pizza 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	7 Sweet Success Waffles with Strawberry Topping 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
10 Pancakes 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	11 Strawberry Pop Tarts 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	12 Breakfast Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	13 Breakfast Breaks 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	14 No School
17 Maple Waffles 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	18 Ultimate Breakfast Round 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	19 Breakfast Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	20 Bagel with Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	21 Choc. Chip Muffin/Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
24 French Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	25 Pancakes and Syrup 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	26 Breakfast Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	27 Cinnamon Roll 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	28 Banana Muffin/Yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
31 Maple Waffles				

4oz assorted Juice cup 1/2c
Fresh or Prepared Fruit 1/2c
Milk-8oz



Gateway-

NYS Apples



NYS LOCAL FOODS

*Upstate Farms
Milk, Yogurt, Sour Cream
Preston Farms
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



All Meals are
Free for Stu-

If your student has a particular food allergy,
please contact the Health Service office and
foodservice @ 783.3100