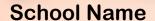


NYS Kale

## October 2024

K-12







## NYS Broccoli NYS Bell Peppers Monday Tuesday Wednesday Thursday Friday Croissant Breakfast Pancakes Muffins with a Yogurt Smoothie with Graham Fish Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz Milk-8oz Milk-8oz Milk-8oz 11 10 Maple Waffles Apple Frudel Croissant Breakfast Bagel With Yogurt Blueberry Muffin/ Yogurt Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz Milk-8oz Milk-8oz Milk-8oz Milk-8oz Maple Pancakes Croissant Breakfast No School Pop Tarts Cinnamon Roll Sandwich School Closed 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz Milk-8oz Milk-8oz 22 23 24 Breakfast Pizza Breakfast Breaks Pancakes Blueberry Muffin/Yogurt Smoothie with Graham Fish 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz Milk-8oz Milk-8oz Milk-8oz Milk-8oz 28 29 30 31 Maple Waffles Ultimate Breakfast Round Croissant Breakfast Bagel with Yogurt Sandwich

Milk-80z

Milk-80z

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

Milk-80z

**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 (2a)

\*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

please contact the Health Service office and foodservice @

All Meals are

free for Stu-

(716)783.3100

If your has a particular food allergy,