

DECEMBER 2023 MS/HS Breakfast

Menu is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday



Pears
Apples



If your son/daughter has a particular food allergy, please contact the school nurse and the food service office via email at vera.spurrier@gmail.com

Breakfast Options Daily

- *Assorted Cereal
- *Bagel w/Cream Cheese or Butter
- *Strawberry Pop-Tarts
- *Cinnamon Rolls
- *Pillsbury Cinni Minis
- *Assorted Cereal Bars w/4oz Yogurt
- *Assorted Muffins w/4oz Yogurt

TUESDAYS

Breakfast Pizza

WEDNESDAYS

Breakfast Wraps

Offered with all Breakfasts

- *Whole Grain (WG) Entrees
- *Daily Selection or Fresh & Prepared Fruit or 100% juice -1/2 cup servings may take 1 cup
- *NY State Non- Fat Milk 8oz



Children who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

4

Croissant Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

5

Bagel Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk -8oz

6

Croissant Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk -8oz

7

Bagel Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk -8oz

8

Croissant Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

11

Bagel Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

12

Croissant Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

13

Bagel Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

14

Croissant Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

15

Bagel Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

18

Croissant Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

19

Bagel Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

20

Croissant Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

21

Bagel Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

22

Croissant Breakfast
Sandwich w/Sausage

100% Fruit Juice ½ Cup
or
Prepared Fruit ½ Cup
Milk-8oz

25

26



27



28



29