



WESTERN SUFFOLK BOCES BREAKFAST MENU DECEMBER 2025

FREE BREAKFAST

AND LUNCH FOR

Every Student.

Every Day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	2 Colby Omelet on a Small Roll <i>OR</i> Cereal with Cheese stick	3 Muffin with Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	4 French Toast Sticks served with Syrup <i>OR</i> Cereal w/ Cheese stick Fruit Mix Cup	5 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
8 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	9 Egg Patty on a Small Roll <i>OR</i> Cereal w/ Cheese stick Fruit Mix Cup	10 Manager's Choice Breakfast Entrée 100% Fruit Juice	11 Waffles served with Syrup <i>OR</i> Cereal w/ Cheese stick	12 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
15 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	16 Colby Omelet on a Small Roll <i>OR</i> Cereal with Cheese stick	17 Muffin with Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	18 Pancakes served with Syrup <i>OR</i> Cereal w/ Cheese stick Fruit Mix Cup	19 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
22 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	23 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	24 WINTER RECESS	25 WINTER RECESS	26 WINTER RECESS
29 WINTER RECESS	30 WINTER RECESS	31 WINTER RECESS		

MEAL COMPONENTS

Meat/Meat alternative:

1 oz daily

9 oz weekly

Whole Grain:

1 oz daily

8 oz weekly

Vegetable:

3/4 cup daily

Fruit :

1 cup daily

Milk:

8 oz milk choice

Low fat/Non-fat/Non-fat Chocolate

USDA REGULATIONS:

Students must take three out of four components.

One of which must be a fruit.

DAILY OFFERINGS

- ✓ Cereal w/cheese stick
- ✓ Yogurt w/ WG Crackers

Gluten-free & vegetarian options available upon request with advance notice

All additional offerings are based on availability