



WESTERN SUFFOLK BOCES BREAKFAST MENU FEBRUARY 2026

**FREE BREAKFAST
AND LUNCH FOR**

**Every Student.
Every Day.**

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick</p>	<p>3 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick</p>	<p>4 Egg Patty with Cheese on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>	<p>5 French Toast served with Syrup <i>OR</i> Cereal w/ Cheese stick</p>	<p>6 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>
<p>9 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick</p>	<p>10 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick</p>	<p>11 Egg Patty on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>	<p>12 Waffles served with Syrup <i>OR</i> Cereal w/ Cheese stick</p>	<p>13 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>
 <p>MID WINTER RECESS SCHOOLS CLOSED</p>	<p>MID WINTER RECESS SCHOOLS CLOSED</p>	<p>MID WINTER RECESS SCHOOLS CLOSED</p>	<p>MID WINTER RECESS SCHOOLS CLOSED</p>	<p>MID WINTER RECESS SCHOOLS CLOSED</p>
<p>23 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick</p>	<p>24 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick</p>	<p>25 Colby Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>	<p>26 Waffles served with Syrup <i>OR</i> Cereal w/ Cheese stick</p>	<p>27 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>

Menu subject to change based on item availability
This institution is an equal opportunity provider and employer

12/12/2025

