

WESTERN SUFFOLK BOCES
CHESTNUT HILL & WILSON TECH
NOVEMBER 2026 BREAKFAST GRAB & GO MENU



FREE BREAKFAST AND LUNCH FOR Every Student. Every Day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Muffin with Cheese stick *OR* Cereal with Cheese stick	Yogurt with Graham Cracker *OR* Cereal with Cheese stick	Bagel with Cream Cheese *OR* Bagel with Butter & Cheese stick	Muffin with Cheese stick *OR* Cereal with Cheese stick	Bagel with Cream Cheese *OR* Bagel with Butter & Cheese stick
Fresh/Cupped Fruit	Fresh/Cupped Fruit	100% Fruit Juice/Cupped Fruit	Fresh/Cupped Fruit	100% Fruit Juice/Cupped Fruit
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

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 OFFERING:
Assorted Cereal

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

All additional offerings are subject to availability

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

06/18/2026