



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



**FREE BREAKFAST
AND LUNCH FOR**

Every Student.

Every Day.

MONDAY

Muffin with
Cheese stick
OR

Cereal with
Cheese stick

Fresh / Cupped
Fruit

Assorted Milk

TUESDAY

Yogurt with
Graham Cracker
OR

Cereal with
Cheese stick

Fresh / Cupped
Fruit

Assorted Milk

WEDNESDAY

Bagel with
Cream Cheese
OR

Bagel with Butter
& Cheese stick

100% Fruit Juice /
Cupped Fruit

Assorted Milk

THURSDAY

Muffin with Cheese
stick
OR

Cereal with
Cheese stick

Fresh / Cupped
Fruit

Assorted Milk

FRIDAY

Bagel with
Cream Cheese
OR

Bagel with Butter
& Cheese stick

100% Fruit Juice /
Cupped Fruit

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