



WESTERN SUFFOLK BOCES BREAKFAST MENU JANUARY 2026



FREE BREAKFAST

AND LUNCH FOR

Every Student.

Every Day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SCHOOLS CLOSED

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5
Choice of:
Bagel w/ Cream Cheese
OR
Bagel w/ Butter and
Cheese stick *OR*
Cereal w/ Cheese stick

6
Muffin with Cheese stick
OR
Cereal with Cheese stick

7
Egg Patty
on a Small Roll
OR
Cereal w/ Cheese stick
100% Fruit Juice

8
Waffles served with Syrup
OR
Cereal w/ Cheese stick

9
Choice of:
Bagel w/ Cream Cheese *OR*
Bagel w/ Butter and Cheese
stick *OR*
Cereal w/ Cheese stick
100% Fruit Juice

12
Choice of:
Bagel w/ Cream Cheese
OR
Bagel w/ Butter and
Cheese stick *OR*
Cereal w/ Cheese stick

13
Muffin with Cheese stick
OR
Cereal with Cheese stick

14
Colby Omelet
on a Small Roll
OR
Cereal w/ Cheese stick
100% Fruit Juice

15
Pancakes served with Syrup
OR
Cereal w/ Cheese stick

16
Choice of:
Bagel w/ Cream Cheese *OR*
Bagel w/ Butter and Cheese
stick *OR*
Cereal w/ Cheese stick
100% Fruit Juice

19

SCHOOLS CLOSED

20
Muffin with Cheese stick
OR
Cereal with Cheese stick

21
Egg Patty
on a Small Roll
OR
Cereal w/ Cheese stick
100% Fruit Juice

22
Waffles served with Syrup
OR
Cereal w/ Cheese stick

23
Choice of:
Bagel w/ Cream Cheese *OR*
Bagel w/ Butter and Cheese
stick *OR*
Cereal w/ Cheese stick
100% Fruit Juice

26
Choice of:
Bagel w/ Cream Cheese
OR
Bagel w/ Butter and
Cheese stick *OR*
Cereal w/ Cheese stick

27
Muffin with Cheese stick
OR
Cereal with Cheese stick

28
Colby Omelet
on a Small Roll
OR
Cereal w/ Cheese stick
100% Fruit Juice

29
Pancakes served with Syrup
OR
Cereal w/ Cheese stick

30
Choice of:
Bagel w/ Cream Cheese *OR*
Bagel w/ Butter and Cheese
stick *OR*
Cereal w/ Cheese stick
100% Fruit Juice

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*

12/01/2025

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