



WESTERN SUFFOLK BOCES
BREAKFAST MENU
JANUARY 2026



FREE BREAKFAST
AND LUNCH FOR
Every Student.
Every Day.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED	1 	2 
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