



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 SCHOOLS CLOSED <i>New Years Day</i>	2 SCHOOLS CLOSED
5 Choice of: Bagel w/ Cream Cheese OR Bagel w/ Butter and Cheese stick OR Cereal w/ Cheese stick	6 Turkey Sausage Patty on a Small Roll OR Cereal w/ Cheese stick	7 Muffin with Cheese stick OR Cereal with 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 Colby Omelet on a Small Roll OR Cereal w/ Cheese stick	14 Muffin with Cheese stick OR Cereal with 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  <b>SCHOOLS CLOSED</b>	20 Egg Patty on a Small Roll OR Cereal w/ Cheese stick	21 Muffin with Cheese stick OR Cereal with Cheese stick 100% Fruit Juice	22 Turkey Sausage Patty on a Small Roll 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 Colby Omelet on a Small Roll OR Cereal w/ Cheese stick	28 Muffin with Cheese stick OR Cereal with Cheese stick 100% Fruit Juice	29 French Toast 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\*