



# WESTERN SUFFOLK BOCES BREAKFAST MENU JANUARY 2026



**FREE BREAKFAST  
AND LUNCH FOR  
Every Student.  
Every Day.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SCHOOLS CLOSED</b>	<b>SCHOOLS CLOSED</b>	<b>SCHOOLS CLOSED</b>	1  <b>SCHOOLS CLOSED</b>	2 <b>SCHOOLS CLOSED</b>
5 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	6 Muffin with Cheese stick <i>OR</i> Cereal w/ Cheese stick	7 Pancakes served with Syrup <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	8 Yogurt with WG Cracker <i>OR</i> Cereal w/ Cheese stick	9 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
12 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	13 Yogurt with WG Cracker <i>OR</i> Cereal w/ Cheese stick	14 Colby Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	15 Muffin with Cheese stick <i>OR</i> Cereal w/ Cheese stick	16 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
19  <b>SCHOOLS CLOSED</b>	20 Muffin with Cheese stick <i>OR</i> Cereal w/ Cheese stick	21 French Toast served with Syrup <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	22 Yogurt with WG Cracker <i>OR</i> Cereal w/ Cheese stick	23 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
26 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	27 Yogurt with WG Cracker <i>OR</i> Cereal w/ Cheese stick	28 Egg Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	29 Muffin with Cheese stick <i>OR</i> Cereal w/ Cheese stick	30 <u>Choice of:</u> Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> 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\*