



WESTERN SUFFOLK BOCES BREAKFAST MENU MARCH 2026



**FREE BREAKFAST
AND LUNCH FOR**

**Every Student.
Every Day.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	3 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	4 Egg Patty with Cheese on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	5 French Toast served with Syrup <i>OR</i> Cereal w/ Cheese stick	6 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
9 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	10 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	11 Colby Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	12 Waffles served with Syrup <i>OR</i> Cereal w/ Cheese stick	13 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
16 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	17 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	18 Egg Patty on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	19 Pancakes served with Syrup <i>OR</i> Cereal w/ Cheese stick	20 NO STUDENTS SCHOOL\$ CLOSED
23 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	24 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	25 Colby Omelet or Egg Patty on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	26 Waffles served with Syrup <i>OR</i> Cereal w/ Cheese stick	27 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice
30 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	31 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick			

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