



## WESTERN SUFFOLK BOCES BREAKFAST MENU MAY 2026

**FREE BREAKFAST  
AND LUNCH FOR**

**Every Student.  
Every Day.**



**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\*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

				<p><b>1</b> 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</p>
<p><b>4</b> Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick</p>	<p><b>5</b> Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick</p>	<p><b>6</b> Waffles served with Syrup <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>	<p><b>7</b> Warm Cornbread Poppers served with Syrup and Cheese stick <i>OR</i> Cereal with Cheese stick</p>	<p><b>8</b> 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</p>
<p><b>11</b> Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick</p>	<p><b>12</b> Warm Cornbread Poppers served with Syrup and Cheese Stick <i>OR</i> Cereal with Cheese stick</p>	<p><b>13</b> Egg Patty with Turkey Sausage a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>	<p><b>14</b> French Toast served with Syrup <i>OR</i> Cereal w/ Cheese stick</p>	<p><b>15</b> 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</p>
<p><b>18</b> Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick</p>	<p><b>19</b> Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick</p>	<p><b>20</b> Colby Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>	<p><b>21</b> WG Pop Tart with Cheese Stick <i>OR</i> Cereal w/ Cheese stick</p>	<p><b>22</b> 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</p>
<p><b>25</b> <b>MEMORIAL DAY OBSERVED</b> </p>	<p><b>26</b> Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick</p>	<p><b>27</b> Egg Patty with Canadian Bacon on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice</p>	<p><b>28</b> <b>MANAGER'S CHOICE OF:</b> French Toast or Waffles served with Syrup <i>OR</i> Cereal w/ Cheese stick</p>	<p><b>29</b> 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</p>