



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
				1 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
4 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	5 Yogurt with WG Cracker <i>OR</i> Cereal with Cheese Stick	6 Colby Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese Stick 100% Fruit Juice	7 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	8 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
11 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	12 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	13 Egg Patty with American Cheese on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	14 Yogurt with WG Cracker <i>OR</i> Cereal with Cheese Stick	15 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
18 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	19 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	20 Colby Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	21 Yogurt with WG Cracker <i>OR</i> Cereal with Cheese Stick	22 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
25 MEMORIAL DAY OBSERVED 	26 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	27 Egg Patty on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	28 Yogurt with WG Cracker <i>OR</i> Cereal with Cheese Stick	29 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