



WESTERN SUFFOLK BOCES SEPTEMBER 2026 BREAKFAST MENU



**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.

Gluten-free & vegetarian
options available upon
request with advance notice

*All additional offerings are
subject to availability*



MONDAY

Choice of:
Bagel with Cream Cheese
Bagel with Butter
Cheese stick
Fresh / Cupped Fruit
Assorted Cereal / Assorted Milk

TUESDAY

Choice of:
Muffin with Cheese stick
Yogurt with Graham Cracker
Fresh / Cupped Fruit
Assorted Cereal
Assorted Milk

WEDNESDAY

Manager's Choice: Pancakes/Waffles/French Toast
served with Syrup
Cheese stick
100% Fruit Juice / Cupped Fruit
Assorted Cereal / Assorted Milk

THURSDAY

Choice of:
Egg Sandwich
Muffin with Cheese stick
Fresh / Cupped Fruit
Assorted Cereal
Assorted Milk

FRIDAY

Choice of:
Bagel with Cream Cheese
Bagel with Butter
Cheese stick
100% Fruit Juice / Cupped Fruit
Assorted Cereal / Assorted Milk