





WESTERN SUFFOLK BOCES BREAKFAST MENU NOVEMBER 2025



**FREE BREAKFAST
AND LUNCH FOR**

**Every Student.
Every Day.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	 ELECTION DAY	5 Colby Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	6 French Toast Sticks served with Syrup <i>OR</i> Cereal w/ Cheese stick	7 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
10 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	 VETERANS DAY	12 Egg Patty on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	13 Waffles served with Syrup <i>OR</i> Cereal w/ Cheese stick	14 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
17 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	18 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	19 Colby Omelet on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	20 Pancakes served with Syrup <i>OR</i> Cereal w/ Cheese stick	21 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
24 Choice of: Bagel w/ Cream Cheese <i>OR</i> Bagel w/ Butter and Cheese stick <i>OR</i> Cereal w/ Cheese stick	25 Muffin with Cheese stick <i>OR</i> Cereal with Cheese stick	26 Egg Patty on a Small Roll <i>OR</i> Cereal w/ Cheese stick 100% Fruit Juice	27 THANKSGIVING RECESS 	28 THANKSGIVING RECESS 

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

