Breakfast Menu

Available Daily:
Whole Grain Toast – 1 or 2 slices as an entrée, Assorted Cold Whole Grain Cereals, Yogurt – 1 with or without 1 slice of toast as an entrée, Fresh Fruit, Chilled Fruit Juice, Ice Cold New York State Milk. Students can select 1 or 2 grains, milk or 1 to 2 fruits/ juices for a complete breakfast!

Local Items this Month:
Milk, Cheddar Cheese, Yogurt, Butternut Squash, Sweet Potatoes, Mini Potatoes, Apples, Cabbage, Carrots, Pork, Meatballs, Maple Syrup, Salad Greens, Kale, Hot Dogs. Items are bolded on menu.

Harvest of the Month: Carrots & Maple Syrup
Carrots are packed with Vitamin A, which is great for eye health! They are also packed with fiber and antioxidants. Maple Syrup is an all-natural sweetener, high in calcium, thiamin, potassium and copper!

Foodservice Helper Substitutes Needed in all districts, call 315-738-0848 for more information!

Please use My School Bucks to put money on your child’s account, or send in checks to the school. Please do not send cash.

BREAKFAST PRICE IS $1.25 • MENU IS SUBJECT TO CHANGE • For more information email hmielnicki@oneida-boces.org

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>02 Apple Frudel!</td>
<td>03 Breakfast Sandwich (Ham or Sausage, Egg &amp; Cheese)</td>
<td>04 Oatmeal Breakfast Cookie!</td>
<td>05 Warm Whole Grain Waffles with Maple Syrup</td>
<td>06 Assorted Whole Grain Muffins (1 with or without 1 slice of toast)</td>
</tr>
<tr>
<td>09 Toasted Bagel with Cream Cheese or Jelly</td>
<td>10 Chocolate Chip Muffin Top!</td>
<td>11 Whole Grain Pancake Sausage Stick</td>
<td>12 Homemade Breakfast Pizza!</td>
<td>13 Oatmeal Breakfast Cookie!</td>
</tr>
<tr>
<td>16 Apple Frudel!</td>
<td>17 Whole Grain Pancakes with Maple Syrup</td>
<td>18 Breakfast Sandwich (Ham or Sausage, Egg &amp; Cheese)</td>
<td>19 Whole Grain French Toast Sticks!</td>
<td>20 Superintendent’s Day - NO SCHOOL!</td>
</tr>
<tr>
<td>23 Toasted Bagel with Cream Cheese or Jelly</td>
<td>24 Whole Grain Pancake Sausage Stick</td>
<td>25 Homemade Breakfast Pizza!</td>
<td>26 Oatmeal Breakfast Cookie!</td>
<td>27 Assorted Whole Grain Muffins (1 with or without 1 slice of toast)</td>
</tr>
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MARCH 2020 •

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