



BREAKFAST MENU



Breakfast is Free | Menu is subject to change | For more information, email hmielnicki@oneida-boces.org

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Fruit Frudel!	02 Assorted Cereal Bars	03 Breakfast Sandwich	04 Nature Valley Oatmeal Round	05 Assorted Whole Grain Muffins
08 Snackin' Waffles	09 Mini Cinni	10 Homemade Breakfast Pizza	11 Veteran's Day- No School!	12 Whole Grain Chocolate Chip Muffin Top
15 ZeeZee Bars	16 Fruit Frudel!	17 Assorted Cereal Bars	18 Breakfast Sandwich	19 Nature Valley Oatmeal Round
22 Assorted Whole Grain Muffins	23 Snackin' Waffles	24	25	26
29 Mini Cinni	30 Whole Grain Bagel with Cream Cheese			

Happy Thanksgiving!

Available Daily

- Whole Grain Toast- 1 or 2 slices as an entrée
- Yogurt – 1 with or without 1 slice of toast as an entrée
- Assorted Cold Whole Grain Cereals
- Fresh Fruit
- Chilled Fruit Juice
- Ice Cold New York State Milk

Students can select 1 or 2 grains, milk and 1-2 fruits for a complete breakfast!

Local Items this Month:

Milk, Yogurt, Butternut Squash, Apples, Potatoes, Carrots, Cauliflower, Meatballs, Hot Dogs, Black Beans.