

 **BREAKFAST**

Breakfast Price - \$1.25
Menu is Subject to Change

JANUARY 2019

Breakfast Menu

For more information email kdorr@oneida-boces.org

Food Service Helpers and Substitutes Needed!

Please call the OHM BOCES Food Service Office at (315) 738-0848 for more information!

Monday

Tuesday

Wednesday

Thursday

Friday

2019

1

2

3

4

Apple Frudel!!!

Whole Grain Pancakes
w/ Maple Syrup

Toasted Bagel with
Cream Cheese or Jelly

7

8

9

10

11

ZeeZee's
Oatmeal Choco
Chip or Strawberry Bars

Homemade
Breakfast Pizza!!!

Whole Grain Pancakes
w/ Maple Syrup

Assorted WG Muffins
(1 w/ or w/o 1 SI Toast)

WG Pancake
& Sausage Stick

14

15

16

17

18

Assorted WG Muffins
(1 w/ or w/o 1 SI Toast)

Toasted Bagel with
Cream Cheese or Jelly

Breakfast Sandwich
(Ham, Egg & Cheese)

Whole Grain French
Toast Stix

ZeeZee's Oatmeal
Choco Chip or
Strawberry Bars

21

22

23

24

25

Warm Whole Grain
Waffles w/ Maple Syrup

Apple Frudel!!!

Whole Grain Pancakes
w/ Maple Syrup

Toasted Bagel with
Cream Cheese or Jelly

28

29

30

31

Assorted WG Muffins
(1 w/ or w/o 1 SI Toast)

WG Pancake
& Sausage Stick

Breakfast Sandwich
(Ham, Egg & Cheese)

Whole Grain French
Toast Stix

Available Daily:

- Whole Grain Toast – 1 or 2 slices as an entrée
 - Assorted Cold Whole Grain Cereals
 - Yogurt – 1 with or w/out 1 slice toast as entrée
 - Fresh Fruit
 - Chilled Fruit Juice
 - Ice Cold New York State Milk
- Students can select 1 or 2 grains, milk, and 1 or 2 fruits/juice for a complete breakfast!