

BREAKFAST MENU

Herkimer Jr./Sr.
High School

Breakfast is \$1.50 | Menu is subject to change | For more information, contact hmielnicki@oneida-boces.org

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 No School!	03 Nature Valley Soft Baked Oatmeal Round	04 Mini Cinni	05 Whole Grain Bagel with Cream Cheese	06 Fruit Frudel
09 Assorted Whole Grain Muffins	10 Homemade Berry Bar	11 Whole Grain Chocolate Chip Muffin Top	12 Snackin' Waffles	13 Mini Cinni
16 No School - Martin Luther King Jr. Day!	17 Nature Valley Soft Baked Oatmeal Round	18 Fruit Frudel	19 Very Berry Overnight Oats	20 Mini Cinni
23 Whole Grain Bagel with Cream Cheese	24 Fruit Frudel	25 Homemade Berry Bar	26 Snackin' Waffles	27 Assorted Whole Grain Muffins
30 Mini Cinni	31 Whole Grain Chocolate Chip Muffin Top			



Available Daily:

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

Local Items this month:

Milk, Yogurt, Apples, Black Beans, Meatballs, Carrots, Corn, Peas, Potatoes, Butternut Squash.

