

BREAKFAST MENU

Herkimer Jr./Sr.
High School

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

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Fruit Frudel	02 Nature Valley Soft Baked Oatmeal Round	03 Whole Grain Bagel with Cream Cheese
06 Assorted Whole Grain Muffins	07 Whole Grain Chocolate Chip Muffin Top	08 Snackin' Waffles	09 Fruit Frudel	10 Mini Cinni
13 Snackin' Waffles	14 Mini Cinni	15 Nature Valley Soft Baked Oatmeal Round	16 Whole Grain Bagel with Cream Cheese	17 Assorted Whole Grain Muffins
20	21	22	23	24
MID-WINTER BREAK!				
27 Fruit Frudel	28 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.

