

BREAKFAST MENU

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

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Nature Valley Oatmeal Round	03 Whole Grain Bagel with Cream Cheese	04 Breakfast Sandwich	05 Very Berry Overnight Oats	06 Assorted Whole Grain Muffins
09 Indigenous People Day	10 Snackin' Waffles	11 Whole Grain Pancakes	12 Mini Cinni	13 Pancake Sausage Stick
16 Whole Grain Chocolate Chip Muffin Top	17 Nature Valley Oatmeal Round	18 Mini Cinni	19 Zee Zee Bar	20 Yogurt Parfait
23 Fruit Frudel	24 Breakfast Sandwich	25 Assorted Whole Grain Muffins	26 Very Berry Overnight Oats	27 Snackin' Waffles
30 Mini Cinni	31 Happy Halloween! Pancake Sausage Stick			



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, Meatballs, Hot Dogs, Corn, Rainbow Carrots, Carrots, Green Beans, Black Beans, Cauliflower, Pears, Miss Milla's Cookies.

Local items are indicated in bold on the menu

