BREAKFAST MENU

Grab & Go

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

OCTOBER 2023

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MONDAY	TUESDAY	(WEDNESDAY)	THURSDAY	FRIDAY
02	03	04 Whole Grain	05	06 Assorted Whole
Nature Valley Oatmeal Round	Whole Grain Bagel with Cream Cheese	Chocolate Chip Muffin Top	Zee Zee Bar	Grain Muffins
09	10	11	12	13
Indigenous People Day	Snackin' Waffles	Fruit Frudel	Mini Cinni	Nature Valley Oatmeal Round
16 Whole Grain Bagel	17 Whole Grain	18	19	20
with Cream Cheese	Chocolate Chip Muffin Top	Zee Zee Bar	Assorted Whole Grain Muffins	Snackin' Waffles
23	24	25	26	27
Fruit Frudel	Mini Cinni	Assorted Whole Grain Muffins	Nature Valley Oatmeal Round	Whole Grain Bagel with Cream Cheese
30	Happy Halloween!			
Zee Zee Bar	Whole Grain Chocolate Chip Muffin Top			

EZ School Pay

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*