



NYS Apples

# May




## 2025 K-12



# Breakfast

## MS/HS



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
|    |  |  | 1<br>Donut   | 2<br>Muffin Top  |
| 5<br>Waffles  | 6<br>Bites   | 7<br>Cinnamon sticks  | 8<br>Donut   | 9<br>Breakfast Burrito   |
| 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>      | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>    | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> |
| 12<br>Donut   | 13<br>Muffin Top   | 14<br>Pretzel   | 15<br>Cinnamon Roll  | 16<br>Sausage, Egg & Cheese<br>on a Croissant                                  |
| 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>      | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>    | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> |
| 19<br>Pretzel   | 20<br>Cinnamon sticks  | 21<br>Donut   | 22<br>Bites  | 23<br>Breakfast Burrito  |
| 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>      | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>    | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> |
| 26<br>Happy Memorial Day!   | 27<br>Sausage, Egg & Cheese<br>on a Croissant                                  | 28<br>Breakfast Pizza   | 29<br>Donut  | 30<br>Muffin Top   |
|  | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>    | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4oz assorted Juice cup 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> |

### NYS LOCAL FOODS

\*Upstate Farms

Milk, Yogurt, Sour Cream

Eden Valley Growers

Assorted Varieties of Apples

Eden Valley Growers

Assorted Fruits & Vegetables

used in Meal Program

highlighted in green

### Breakfast Options Daily

\*Daily Entrée-1 (2g) or

\*Cereal 2oz (2G)

Assorted 1 oz Cereal w/Toast(2g)

Bagels w/Cream Cheese (2g)

Strawberry Pop-Tarts w/toast(2g)

Cinnamon Rolls (2g)

Pillsbury Cinni Minis (2g)

Assorted Muffins w/Toast (2g)

Belly Bears w/4oz Yogurt (2g)

Offered with all Breakfasts

\*Whole Grain (WG) Entrees

\*Daily Selection of

Fresh or Prepared Fruit

100% juice -1/2 cup

may take up to 1 cup

\*NY State Non-Fat or 1% White Milk

8oz

Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN

If your student has a particular food allergy,  
please contact the food service office @  
**(716)665-6624**

Student (1<sup>st</sup>) FREE  
Adult \$2.95

This institution is an equal opportunity  
Provider and Employer