



Breakfast



THE RESERVE			MA MEIGHIE	III CONTRACTOR
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Waffles	Poptarts	Cinni Minnis	Cereal Bars
	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	
7	8	9	10	11
Frudels	Muffin w/ cracker	Pancakes	Cinnamon Rolls	Cereal w/ cracker
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Fresh or Prepared Fruit 1/2c Milk-8oz	Milk-8oz	Fresh or Prepared Fruit 1/2c Milk-8oz
	15	16	17	18
	Spri	ng Brea	ık!!	
21	22	23	24	25
Poptarts	Waffles	Breakfast Pizza	Bagels w/ cream cheese	Breakfast Breaks
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz		4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
28 Cinnamon Rolls	29 Muffin Tops	30 Pancakes		
4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz		

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)

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 @

Student \$0.00 Adult \$3.82

