



March
2025 6-8



Breakfast
Middle school



Monday	Tuesday	Wednesday	Thursday	Friday
3 Can't "Fix" Me Muffin Top 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4 Plot "Twist" Fresh Cinnamon Roll with Icing 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	5 "Magnify" Healthy Eating Sausage, Egg and Cheese Bagel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	6 No mi-Steak-ing Healthalicious Steak, Egg and Cheese Pizza 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	7 No School Superintendent's Day 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
10 Sweet Success Waffles with Strawberry Topping 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	11 Mini French Toast 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	12 Cinnamon Toast Crunch Cereal Bar 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	13 Sausage Egg&Cheese Breakfast Sandwich 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	14 Apple Frudel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
17 Lucky Donuts 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	18 Cinnamon Roll with Icing 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	19 Mini Waffles 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	20 Breakfast Wrap with egg & cheese 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	21 Cherry Frudel 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
24 Blueberry Mini Waffles 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	25 Trix Muffin Top 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	26 French Toast Sticks w/syrup 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	27 Bagel w/ Strawberry Cream Cheese 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	28 Cinni Mini 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
31 Chocolate Chip Muffin w yogurt 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz				

NYS LOCAL FOODS

*Upstate Farms
Milk, Yogurt, Sour Cream
Preston Farms
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



PAY FOR MEALS ONLINE
MySchoolBucks.com

If your student has a particular food allergy,
please contact the food service office @

lhulings@opschools.org

Student \$2.00
Adult \$2.90