



JANUARY 2024

Southwestern Central School K-12

All Student Breakfast
and Lunch meals are
now free at
SWCS.

Personal Touch
FOOD SERVICE

Menu is subject to change.



Breakfast Options Daily

*Daily Entrée-1 (2g) or

*Cereal 1 oz- with WG Crackers(2G)

Offered with all Breakfasts

*Whole Grain (WG) Entrees

*Daily Selection or Fresh &

Prepared Fruit or 100% juice -1/2 cup
servings may take 1 cup

*NY State Non- Fat Milk 8oz

Children who eat breakfast
show an increased ability to
learn, exhibit better academic
performance and may have a
decreased
risk of being overweight



PAY FOR MEALS ONLINE
MySchoolBucks.com



NYS Potatoes
NYS Cabbage
NYS Apples

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 <p>No Classes</p>	3 Fruit Muffin w/ Toast ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	4 Pancake Bites ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	5 Sausage & Cheese On Biscuit ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz
8 Cereal Bar w/ Toast ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	9 Donut Holes ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	10 Mini Waffles ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	11 Powdered Donut ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	12 Maple Flatbread & Sausage Sandwich ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz
15 	16 Chocolate Chip Muffin w/ Toast ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	17 Sausage & Cheese On Croissant ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	18 Cinnamon Roll ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	19 Donut Holes ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz
22 Pop Tart ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	23 Maple Flatbread & Sausage Sandwich ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	24 Pancake Bites ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	25 Bagel w/ Cream Cheese ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	26 Donut w/ Glaze ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz
29 Cereal Bar w/ Toast ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	30 Egg & Sausage Breakfast Burrito ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz	31 Donut Holes ----- 100% Fruit Juice ½ Cup or Fresh Fruit ½ Cup Milk-8oz		

If your Son or Daughter has a particular food allergy, please
contact the food service office @