

NYS Apples NYS Potatoes

BREAKFAST

MARCH 2024

Southwestern Central School



Monday

Tuesday

Wednesday

Thursday

Friday

Personal Touch

Breakfast Options Daily

*Daily Entrée-1 (2g) or

*Cereal

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, ex-

hibit better academic performance

and may have a decreased

risk of being overweight

FSMC is responsible for meeting all re-

quirements under the Final Rule Nutrition Standards in NSLP and NSBP. Including all specific component offerings for all

fruits, vegetables, grains, meat/meat alter-

nates and milk

Breakfast Biscuit Sandwich

100% fruit Juice 1/2 Cup Or Prepared Fruit 1/2 Cup

Milk -8oz

Croissant Breakfast Sandwich -----

100% Fruit Juice 1/2 Cup

prepared Fruit 1/2 Cup

Milk-8oz

Pancakes Bites

100% Fruit Juice 1/2 Cup

Fresh Fruit 1/2 Cup

Milk -8oz

Cinnamon Roll

------100% Fruit Juice 1/2 Cup Fresh Fruit 1/2 Cup

Milk-8oz

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National School Breakfast Week March 4th Thru March 8th

Chocolate Chip or Blueberr Muffin Top

_____ 100% Fruit Juice 1/2 Cup prepared Fruit 1/2 Cup

Milk-8oz

Strawberry Yogurt Parfa w/Goldfish Crackers

_____ 100% Fruit Juice 1/2 Cup

Fresh Fruit 1/2 Cup

Milk-8 oz

Chocolate Chip Muffin

w/ Toast

100% Fruit Juice 1/2 Cup

Fresh Fruit 1/2 Cup

Milk-8oz

Breakfast Pizza w/Sausage, Egg and Cheese

-------100% Fruit Juice 1/2 Cup

> Fresh Fruit 1/2 Cup Milk -8oz

Cereal Bar w/ Toast

100% Fruit Juice 1/2 Cup

Fresh Fruit 1/2 Cup

Milk -8oz

Maple Flatbread Sandwick

100% Fruit Juice 1/2 Cup

Fresh Fruit 1/2 Cup

Milk-8oz

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100% Fruit Juice 1/2 Cup prepared Fruit 1/2 Cup

Blueberry Yogurt Parfair

w/Belly Bear Crackers

Milk-8oz

Maple Flatbread Sandwich

Fresh Fruit 1/2 Cup

100% Fruit Juice 1/2 Cup

Milk -8oz

Powdered Donut

_____ 100% Fruit Juice 1/2 Cup Fresh Fruit 1/2 Cup

Milk-8oz

Donut Holes

100% Fruit Juice 1/2 Cup

Fresh Fruit 1/2 Cup

Milk-8oz

Cereal Bar w/ Toast

_____ 100% Fruit Juice 1/2 Cup

Fresh Fruit 1/2 Cup

Milk-8oz

Pop Tart w/ Toast

100% Fruit Juice 1/2 Cup

Fresh Fruit 1/2 Cup

Pop Tart w/ Toast -------

100% Fruit Juice 1/2 Cup Fresh Fruit 1/2 Cup

Milk-8oz

Maple Flatbread Sandwich

100% Fruit Juice 1/2 Cup Fresh Fruit 1/2 Cup

Milk-8oz

Pancake Bites

100% Fruit Juice 1/2 Cup Fresh Fruit 1/2 Cup

Milk-8oz

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Mar 28 Thru April 8

Milk-8oz

PAY FOR MEALS ONLINE MySchoolBucks.com

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