



# September 2022 Breakfast Menu

## North Collins Jr/Sr High School



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
	6 Mini Cinnamon French Toast ----- Juice Cup 4oz Fruit 1/2c Milk -8oz	7 Strawberry Pop-Tart ----- Juice Cup 4oz Oranges Milk-8oz	8 Breakfast Pizza W/Sausage ----- Juice Cup 4oz Fruit 1/2c Milk-8oz	9 English Muffin Sandwich w/Ham, Egg & Cheese ----- Juice Cup 4oz Fruit 1/2c Milk-8oz
12 Cinni Minis Pastry ----- Juice Cup 4oz NYS Fresh Peach-1 Piece Milk-8oz	13 Breakfast Wrap w/Sausage ----- Juice Cup 4oz Fruit 1/2c Milk-8oz	14 Cinnamon Roll ----- Juice Cup 4oz NYS Watermelon Slice Milk-8oz	15 Breakfast Pizza W/Ham ----- Juice Cup 4oz Fruit 1/2c Milk -8oz	16 Bagel Breakfast Sandwich w/Sausage, Egg & Cheese ----- Juice Cup 4oz Fruit 1/2c Milk-8oz
19 Apple Frudel ----- Juice Cup 4oz Fruit 1/2c Milk-8oz	20 Breakfast Wrap w/Ham ----- Juice Cup 4oz NYS Fresh Apples-1 Piece Milk- 8oz	21 Bagel w/Cream Cheese ----- Juice Cup 4oz Fruit 1/2c Milk-8oz	22 Breakfast Pizza W/Sausage ----- Juice Cup 4oz NYS Peaches -1Piece Milk-8oz	23 Croissant Breakfast Sandwich w/Ham & Cheese ----- Juice Cup 4oz Fruit 1/2c Milk-8oz
26 Strawberry Cream Cheese Bagel ----- Juice Cup 4oz Fruit 1/2c Milk-8oz	27 Breakfast Wrap w/Sausage ----- Juice Cup 4oz Fruit 1/2c Milk-8oz	28 Cinnamon & Sugar Donut ----- Juice Cup 4oz Fruit 1/2c Milk 8oz	29 Breakfast Pizza W/Ham ----- Juice Cup 4oz Fruit 1/2c Milk-8oz	30 Assorted Cereal W/Graham Fish ----- Juice Cup 4oz NYS Fresh Apple -1 piece Milk-8oz

**NYS LOCAL FOODS**

- \*Upstate Farms Dairy milk and yogurt
- \*LynOaken Farms Apples
- \*Local Farms Fruit

**Breakfast Menu**

Served Daily

Assorted Cereal w/Graham Fish

Assorted 4oz Yogurt w/Graham Fish

Cinnamon & Sugar Donut

**Offered daily**

**with all School Breakfast:**

**Fresh or Prepared Fruit**

(Must take 1/2 cup of Fruit – may take up to 1 cup)

**NY State Non or Low Fat White Milk 8oz**

This institution is an equal opportunity provider and employer.