

October 2018

Syracuse City School District



BREAKFAST

A reimbursable meal must include at least ½ C. fruit eq.



Breakfast Vended Selection:

- Cereal w/fresh fruit, juice, milk variety
- Breakfast Rounds w/fresh fruit, juice, milk variety
- Banana or Blueberry Bread

Breakfast Café Buffet:

- Bagel with Toppings
- Fruit Canned and/or Fresh
- 1% or Skim White Milk
- Oatmeal/Cereal Assortment
- Hot Breakfast
- Smoothie
- Juice

Breakfast will be available after the bell for all students in the cafeteria.

Monday

Tuesday

Wednesday

Thursday

Friday

1
Cobbler Biscuit
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

2
Yogurt Smoothie & Nutrigrain Bar
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

3
Assorted Cereal
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

4
Sunberry UBR
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

5
Croissantwich
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

8
COLUMBUS DAY
NO SCHOOL

9
Bagel-ful
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

10
Assorted Cereal
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

11
Grape Filled Crescent
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

12
Breakfast Sandwich on a Biscuit
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

15
Blueberry Waffles
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

16
Yogurt Smoothie & Nutrigrain Bar
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

17
Assorted Cereal
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

18
Mini Cinnis
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

19
Croissantwich
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

22
Maple Pancakes
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

23
Strawberry Mini-Bagels
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

24
Assorted Cereal
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

25
Ultra-Slice Banana Bread
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

26
Egg & Cheese English Muffin
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

29
Cinnamon French Toast
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk

30
Superintendent Conference Day
NO SCHOOL

31
Assorted Cereal
w/Assorted Fruit or Orange Juice
Offered: Fresh Fruit
Skim or 1% Milk



It is our intent to have these choices available to all students at all times. However, there may be occasions when choices are limited.

October 2018

Syracuse City School District- Pre-K



BREAKFAST

Breakfast will be available after the bell for all students in the cafeteria.



1% Milk Served Daily with Meals

Monday

Tuesday

Wednesday

Thursday

Friday

1

Cobbler Biscuit
w/ Canned Fruit

2

Yogurt Smoothie & Nutrigrain Bar
w/ Canned Fruit

3

Assorted Cereal
w/ Canned Fruit

4

Sunberry UBR
w/ Canned Fruit

5

Croissantwich
w/ Canned Fruit

8

Apple Frudel.
w/ Canned Fruit

9

Bagel-ful.
w/ Canned Fruit

10

Assorted Cereal
w/ Canned Fruit

11

Grape Filled Crescent
w/ Canned Fruit

12

Breakfast Sandwich on a Biscuit
w/ Canned Fruit

15

Blueberry Waffles
w/ Canned Fruit

16

Yogurt Smoothie & Nutrigrain Bar
w/ Canned Fruit

17

Assorted Cereal
w/ Canned Fruit

18

Mini Cinnis
w/ Canned Fruit

19

Croissantwich
w/ Canned Fruit

22

Maple Pancakes
w/ Canned Fruit

23

Strawberry Mini-Bagels
w/ Canned Fruit

24

Assorted Cereal
w/ Canned Fruit

25

Ultra-Slice Blueberry Bread
w/ Canned Fruit

26

Egg & Cheese English Muffin
w/ Canned Fruit

29

Cinnamon French Toast
w/ Canned Fruit

30

Superintendent Conference Day
NO SCHOOL

31

Assorted Cereal
w/ Canned Fruit

