



JANUARY 2024

Panama K-12

**Breakfast and
Lunch meals are
now free at
Panama**

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

**HAPPY
NEW YEAR
2024**

1

Fruit Muffin
w/ Toast

2

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Cinnamon/Sugar
Donut

3

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Pancake Bites

4

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Sausage & Cheese
On Biscuit

5

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Cereal Bar
w/ Toast

8

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Donut Holes

9

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Mini Waffles

10

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Powdered Donut

11

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Maple Flatbread
Sausage Sandwich

12

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

**Martin Luther
King, Jr. Day**

15

Chocolate Chip Muffin
w/ Toast

16

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Sausage & Cheese
on Croissant

17

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Cinnamon Roll

18

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Donut Holes

19

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Pop Tart w/ Toast

22

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Maple Flatbread &
Sausage Sandwich

23

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Pancake Bites

24

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Bagel w/ Cream Cheese

25

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Donut w/ Glaze

26

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Cereal Bar w/ Toast

29

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup
Milk-8oz

Egg & Sausage
Breakfast Burrito

30

100% Fruit Juice ½ Cup
or
Fresh Fruit ½ Cup

Donut Holes

31

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 @