



October 2024



Breakfast

Panama



NYS Apples
 NYS Cauliflower
 NYS Kale
 NYS Broccoli
 NYS Bell Peppers

Happy Halloween

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 1 Cinni Mini | 2 Breakfast Sandwich | 3 Cereal Bar w/ Toast | 4 Chocolate Chip Muffin w/ Toast | |
| 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 7 Pop Tart w/ Toast | 8 Yogurt w/ Giant Goldfish | 9 Mini French Toast | 10 Biscuit Sandwich | 11 Frudel |
| 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 14 COLUMBUS INDIGENOUS PEOPLE DAY | 15 Fruit Muffin w/ Toast | 16 Croissant Sandwich | 17 Pop Tart w/ Toast | 18 Mini Waffle |
| School Closed | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 21 Cinnamon Roll | 22 Mini Cream Cheese Bagel | 23 Breakfast Sandwich | 24 Yogurt w/ Giant Goldfish | 25 Pop Tart w/ Toast |
| 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz |
| 28 Cereal Bar w/ Toast | 29 Biscuit Sandwich | 30 Fruit Muffin w/ Toast | 31 Cinnamon Roll |  |
| 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | |

NYS LOCAL FOODS
 *Upstate Farms
 Milk, Yogurt, Sour Cream
 Eden Valley Grower
 Assorted Varieties of Apples
 Eden Valley Growers
 Assorted Fruits & Vegetables
 used in Meal Program
 highlighted in green

Breakfast Options Daily

*Daily Entrée-1 (2g) or
 *Cereal 2oz (2G)

Offered with all Breakfasts
 *Whole Grain (WG) Entrees
 *Daily Selection of
 Fresh or Prepared Fruit
 100% juice -1/2 cup
 may take up to 1 cup
 *NY State Non-Fat or 1% White Milk
 8oz

Breakfast and Lunch meals are Free for Students at Panama Central School



If you has a particular food allergy, please contact the food service office @ spaden@sswcsk12.org