







# Breakfast



Elementary		Onteora Central School District			January 2022				
						<b>Breakfast is an important part of the day! Please encourage your children to Eat Breakfast every day at School or at home.</b>			
Monday	3	Tuesday	4	Wednesday	5	Thursday	6	Friday	7
Puffed Rice Cereal and Graham Crackers with Juice, Fruit and/or Milk		Banana Muffin with Juice, Fruit and/or Milk		Mini Waffles (Maple) with Juice, Fruit and/or Milk		Bagel with Cream Cheese with Juice, Fruit and/or Milk		Mini Cinnis Pull Aparts with Juice, Fruit and/or Milk	
Monday	10	Tuesday	11	Wednesday	12	Thursday	13	Friday	14
Yogurt and Graham Crackers with Juice Fruit and/or Milk		Cinnamon Toast Crunch Cereal and Graham Crackers with Juice, Fruit and/or Milk		Mini Waffles (Blueberry) with Juice, Fruit and/or Milk		Strawberry Cream Cheese Filled Mini Bagels with Juice, Fruit and/or Milk		Bagel with Cream Cheese with Juice, Fruit and/or Milk	
Monday	17	Tuesday	18	Wednesday	19	Thursday	20	Friday	21
		Cheerios Cereal and Graham Crackers with Juice, Fruit and/or Milk		Mini Waffles (Maple) with Juice, Fruit and/or Milk Mini		Apple Cinnamon Muffin with Juice, Fruit and/or Milk		Cinnamon Cream Cheese Filled Mini Bagels with Juice, Fruit and/or Milk	
Monday	24	Tuesday	25	Wednesday	26	Thursday	27	Friday	28
Blueberry Muffin with Juice, Fruit and/or Milk		Strawberry Cream Cheese Filled Mini Bagels with Juice, Fruit and/or Milk		Mini Waffles (Blueberry) with Juice, Fruit and/or Milk		Yogurt and Graham Crackers with Juice Fruit and/or Milk		Puffed Rice Cereal and Graham Crackers with Juice, Fruit and/or Milk	

**Offered Daily:**

1% and Skim Milk

Fresh Fruit and 100% Juice

Makes checks payable to **Onteora CSD Food Service** or payment may be applied on-line through the parent portal

***Menu subject to change without notice.***

*Eat Well and Be Happy!*

**This organization is an equal opportunity provider and employer.**