



# BREAKFAST MENU

MONDAY  
THROUGH  
FRIDAY

Breakfast is free • Menu is subject to change • For more information, email: [hmielnicki@uticaschools.org](mailto:hmielnicki@uticaschools.org), Food Service Director

## Available Daily

- Assorted Fresh Fruit or Fruit Cups
- Variety of Cold New York State Milk

Fruit Juice is available on Tuesdays and Thursdays!

## Daily Hot Options

- Whole Grain French Toast/Sticks
- Whole Grain Pancakes
- Pancake & Turkey Sausage on a Stick

## Daily Cold Options

- Yogurt
- Whole Grain Cereals
- Assorted Whole Grain Muffins
- Whole Grain Bagel with Cream Cheese

ALL MENU ITEMS ARE PORK FREE!

Students must take 3 or more food components, 1 of which being a fruit for a complete breakfast!

## NOVEMBER 2023

SECONDARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>01</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>02</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>03</sup>
Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>06</sup>	No School! <sup>07</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>08</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>09</sup>	Veterans Day – No School! <sup>10</sup>
Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>13</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>14</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>15</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>16</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>17</sup>
Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>20</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>21</sup>	HAPPY THANKSGIVING! <sup>22 23 24</sup>		
Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>27</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>28</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>29</sup>	Choice of Hot or Cold Entrée Fruit, Fruit Cup or Juice <sup>30</sup>	