









November 2022

Global Concepts K-12 Breakfast Menu



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non-or-Low Fat Milk Milk -8oz	¹ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non-or-Low Fat Milk Milk -8oz	² Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non- or Low-Fat Milk Milk -8oz	³ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non- or Low-Fat Milk Milk -8oz	⁴ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non-or-Low Fat Milk Milk -8oz
⁷ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non- or Low-Fat Milk Milk -8oz	⁸ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non-or-Low Fat Milk Milk -8oz	⁹ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non- or Low-Fat Milk Milk -8oz	¹⁰ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non- or Low-Fat Milk Milk -8oz	¹¹  No School
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²⁸ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non- or Low-Fat Milk Milk -8oz	²⁹ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non-or-Low Fat Milk Milk -8oz	³⁰ Elementary School Breakfast Break Non- or Low-Fat Milk ----- High School Cereal or Other Choice Juice Or Fruit Non- or Low-Fat Milk Milk -8oz		 NYS Cauliflower NYS Winter Squash

NYS LOCAL FOODS

- *Upstate Farms Dairy
-milk, yogurt, sour cream
- *LynOaken Farms Apples
- *Local Farm Vegetables and Fruit
used in Meal Program
highlighted in green

Choose an item from
between each of the
dotted line sections

Must take at least 2 Items

**We offer fresh, prepared
fruits and juice daily and
Non- or Low-Fat White
Milk**

Did You Know.....

All of the grains and breads we use are "whole grain-rich". Meaning they contain at least 51% whole grain meal &/or flour. These requirements also reflect the 2010 Dietary Guidelines for Americans, which recommended making whole grains at least half of all grains consumed.