






# **July 2025 Breakfast Menu** **Cheektowaga Middle & High School**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>WG Muffin W/Graham Goldfish</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>8</p> <p>Pop Tarts w/Graham Goldfish</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>9</p> <p>IW Cinnamon Roll</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>10</p> <p>Cereal</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>11</p>
<p>14</p> <p>WG Muffin W/Graham Goldfish</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>15</p> <p>Pop Tarts w/Graham Goldfish</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>16</p> <p>IW Cinnamon Roll</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>17</p> <p>Cereal</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>18</p>
<p>21</p> <p>WG Muffin W/Graham Goldfish</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>22</p> <p>Pop Tarts w/Graham Goldfish</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>23</p> <p>IW Cinnamon Roll</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>24</p> <p>Cereal</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>25</p>
<p>28</p> <p>WG Muffin W/Graham Goldfish</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>29</p> <p>Pop Tarts w/Graham Goldfish</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>30</p> <p>IW Cinnamon Roll</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>31</p> <p>Cereal</p> <p>-----</p> <p>Juice ½ C Fruit 1/2c Milk-8oz</p>	<p>1</p>
				
This institution is an equal opportunity provider and employer.				

## **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



**Have a great summer!!**

**\*Menus subject to change\***

**Offered daily**  
**with all School Lunches:**  
**Fresh Fruit or Fruit Cup**

(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)

**NY State Low Fat**  
**White Milk 8oz**