



NYS Apples

May

2025 9-12



Breakfast

Cheektowaga Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
			1 IW Cinnamon Roll	2 Mini Waffles
			4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz
5 WG Muffin WG Graham Goldfish	6 Cereal Bar	7 Cherry Frudel	8 IW Cinnamon Roll	9 Mini Waffles
4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz
12 WG Muffin WG Graham Goldfish	13 Smoothies	14 Pancakes	15 IW Cinnamon Roll	16 Mini Waffles
4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz
19 WG Muffin WG Graham Goldfish	20 Mini French Toast	21 Donut	22 IW Cinnamon Roll	23 No School
4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	
26 Happy Memorial Day! 	27 WG Muffin WG Graham Goldfish	28 Pancakes	29 IW Cinnamon Roll	30 Mini Waffles
	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh Fruit or Fruit Cup 1/2c Milk-8oz

NYS LOCAL FOODS

*Upstate Farms
Milk, Yogurt, Sour Cream
Eden Valley Growers
Assorted Fruits & Vegetables
used in Meal Program
highlighted in green

Breakfast Options Daily

*Daily Entrée-1 (2g)
or
*Cereal 1 oz (2G)
WG Graham Goldfish
Mon, Wed & Fri
or
WG Pop Tarts (2G)
w/WG Graham Goldfish
Tues & Thurs.

Offered with all Breakfasts

*Whole Grain (WG) Entrees
*Daily Selection of
Fresh Fruit or Fruit Cup
100% juice -1/2 cup
may take up to 1 cup
*NY State 1% White Milk 8oz

*Menu Subject to Change

If your student has a particular food allergy, please contact the food service office @ (716)686-3638.

Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN