



NYS Apples





**May**  
2025 9-12



# Breakfast

## Cheektowaga High 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 or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 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 or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 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 or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	4oz assorted Juice cup 1/2c Fresh or Prepared Fruit 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

WG Bagel w/Cream Cheese

or

\*Cereal 2oz (2G)

Mon, Wed, & Fri

Or

WG Pop Tarts (2G)

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