

# Iroquois Breakfast Menu

## June 2022



Children, who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

Menu is subject to change.

Make breakfast a mandatory part of your day

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Waffles 100% Fruit Juice Non or Low- Fat Milk	2 Poptarts 100% Fruit Juice Non or Low- Fat Milk	3 Cook's choice 100% Fruit Juice Non or Low- Fat Milk
6 Assorted Cereal w/Graham Fish 100% Fruit Juice Non Or Low-fat Milk	7 Mini Bagel 100% Fruit Juice Non or Low- Fat Milk	8 Muffin w/4oz Yogurt 100% Fruit Juice Non or Low- Fat Milk	9 Breakfast Sandwich 100% Fruit Juice Non or Low-Fat Milk	10 Cook's choice 100% Fruit Juice Non or Low- Fat Milk
13 Assorted Cereal w/Graham Fish 100% Fruit Juice Non or Low-Fat Milk	14 Cook's choice 100% Fruit Juice Non or Low- Fat Milk	15 Cook's choice 100% Fruit Juice Non or Low- Fat Milk	16 Cook's choice 100% Fruit Juice Non or Low- Fat Milk	17 Cook's choice 100% Fruit Juice Non or Low- Fat Milk
20 No School	21 Cook's choice 100% Fruit Juice Non or Low- Fat Milk	22 Cook's choice 100% Fruit Juice Non or Low- Fat Milk		
				We proudly served apples and dairy products sourced within NY State 

**Breakfast Served Daily**

**FREE**

**For ALL Students**



**Start With:**

- One Entree
- Fruit (May Choose 2 Different)  
1-100% Juice Cup 4oz  
1-Fresh Fruit or 1-4oz Fruit Cup
- Add Serving of Milk

**Must Take a Minimum of 3 Items for a Complete Breakfast**