

Iroquois Breakfast Menu

MAY 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
2 Assorted Cereal w/Graham Fish 100% Fruit Juice Non or Low-Fat Milk	3 Mini Cinnamon Rush French Toast 100% fruit Juice Non or Low- Fat Milk	4 Waffles 100% Fruit Juice Non or Low- Fat Milk	5 Poptarts 100% Fruit Juice Non or Low- Fat Milk	6 Cook's choice 100% Fruit Juice Non or Low- Fat Milk
9 Assorted Cereal w/Graham Fish 100% Fruit Juice Non Or Low-fat Milk	10 Mini Bagel 100% Fruit Juice Non or Low- Fat Milk	11 Muffin w/4oz Yogurt 100% Fruit Juice Non or Low- Fat Milk	12 Breakfast Sandwich 100% Fruit Juice Non or Low-Fat Milk	13 Cook's choice 100% Fruit Juice Non or Low- Fat Milk
16 Assorted Cereal w/Graham Fish 100% Fruit Juice Non or Low-Fat Milk	17 Frudel 100 % Fruit Juice Non or Low- Fat Milk	18 Cinnamon Toast Filled Bar 100% fruit Juice Non or Low- Fat Milk	19 Cereal Bars 100% Fruit Juice Non or Low-Fat Milk	20 Cook's choice 100% Fruit Juice Non or Low- Fat Milk
23 Assorted Cereal w/Graham Fish 100% Fruit Juice Non or Low-Fat Milk	24 Breakfast Sandwich 100% Fruit Juice Non or Low-Fat Milk	25 Whole Grain Donuts 100% Fruit Juice Non or Low- Fat Milk	26 Cinni-Mini 100 % Fruit Juice Non or Low-fat Milk	27 Cook's choice 100% Fruit Juice Non or Low- Fat Milk
	31 Waffles 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