



This year, there is such a thing as  
**FREE LUNCH** FOR all students  
 and breakfast! #eatwellk12

aramark   
**Syosset CSD**  
**High School**  
**Breakfast Menu**  
 October 2021

This Institution is an Equal Opportunity Provider

				<b>1</b> Assorted WG Cereal Bowls w/ Cheese Stick  Assorted Fresh Baked WG Muffins
<b>4</b> Bacon, Egg, & Cheese on WG Kaiser Roll (P)  Assorted Fresh Baked	<b>5</b> WG French Toast with Syrup  Assorted Fresh Baked WG Muffins	<b>6</b> Egg & Cheese on NY-Style Bagel  Assorted Fresh Baked WG Muffins	<b>7</b> Yogurt Parfait with Fruit & Granola  Assorted Fresh Baked WG Muffins	<b>8</b> WG Pancakes with Syrup  Assorted Fresh Baked WG Muffins
<b>11</b> No School Columbus Day	<b>12</b> WG Cinnamon Ring  Assorted Fresh Baked WG Muffins	<b>13</b> WG French Toast with Syrup  Assorted Fresh Baked WG Muffins	<b>14</b> Yogurt Parfait with Fruit & Granola  Assorted Fresh Baked WG Muffins	<b>15</b> Assorted WG Cereal Bowls w/ Cheese Stick  Assorted Fresh Baked WG Muffins
<b>18</b> WG Pancakes with Syrup  Assorted Fresh Baked WG Muffins	<b>19</b> Egg & Cheese on NY-Style Bagel  Assorted Fresh Baked WG Muffins	<b>20</b> Yogurt Parfait with Fruit & Granola  Assorted Fresh Baked WG Muffins	<b>21</b> WG Cinnamon Ring  Assorted Fresh Baked WG Muffins	<b>22</b> Bacon, Egg, & Cheese on WG Kaiser Roll (P)  Assorted Fresh Baked WG Muffins
<b>25</b> WG Cinnamon Ring  Assorted Fresh Baked WG Muffins	<b>26</b> Bacon, Egg, & Cheese on WG Kaiser Roll (P)  Assorted Fresh Baked WG Muffins	<b>27</b> Assorted WG Cereal Bowls w/ Cheese Stick  Assorted Fresh Baked WG Muffins	<b>28</b> WG French Toast with Syrup  Assorted Fresh Baked WG Muffins	<b>29</b> WG Pancakes with Syrup  Assorted Fresh Baked WG Muffins

**Meal Price:** Breakfast and lunch meals are **FREE** for all students through June 30, 2022. A la carte items such as snacks and bottled water are **NOT** part of the program, and therefore, student accounts will be charged for those items.

Adult Breakfast Meal: \$2.57+tax

**More Info...**

**Daily Milk Offerings:** 1% White or Fat Free White (all antibiotic & hormone free)

**Daily Fruit Offerings:** Apple, orange, banana, plus 100% apple juice or 100% fruit punch

**Available Daily:**

Assorted egg and cheese sandwiches with/without bacon (P)  
 Fresh NY-Style Bagel plain or w/ cream cheese, butter, or jelly

Yogurt parfait w/ fruit & granola  
 Assorted WG reduced sugar cereals w/ cheese stick

**Please Note:** (WG) denotes whole grain, (P) denotes item may contain pork

Grades K-12 are offer vs serve and must choose at least 3, up to 4, of the below mentioned items. One of the items must be a fruit.

- Grain (all grain offerings count as 2 items)
- Fruit (must pick 1)
- Milk (pick up to 1)