



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

aramark 
Syosset CSD
High School
Breakfast Menu
 January 2022

This Institution is an Equal Opportunity Provider

3 WG Pancakes with Syrup	4 NY-Style Bagel	5 WG French Toast with Syrup	6 Yogurt Parfait with Fruit & Granola	7 Assorted WG Cereal Bowls w/ Cheese Stick
10 Bacon, Egg, & Cheese on WG Roll (P)	11 WG French Toast with Syrup	12 Egg & Cheese on NY-Style Bagel	13 Yogurt Parfait with Fruit & Granola	14 WG Pancakes with Syrup
17 Martin Luther King Jr. Day No School	18 NY-Style Bagel	19 WG French Toast with Syrup	20 Yogurt Parfait with Fruit & Granola	21 Assorted WG Cereal Bowls w/ Cheese Stick
24 NY-Style Bagel	25 WG French Toast with Syrup	26 Egg & Cheese on NY-Style Bagel	27 Yogurt Parfait with Fruit & Granola	28 WG Pancakes with Syrup
31 Bacon, Egg, & Cheese on WG Roll (P) 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, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple, orange, pear 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
- Assorted Fresh Baked WG Muffins

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)