



# October 2025

## Hampton Bays Elementary School Breakfast Menu

### Available Daily:

- WG Bagel with Butter or Cream Cheese
- Cold Cereal Variety
- Fruit/Granola Yogurt Parfait
- String Cheese
- Variety of Fresh & Cupped Fruits
- Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk
- 4 oz 100% Apple, Orange, or Tropical Juice

### Gluten Free Options:

- Plain Bagel
- Honey Cheerios Cereal
- Cheerios Cereal
- Rice Chex Cereal
- Cinnamon Chex Cereal

\*Options available upon request\*

All Breakfast Must Include Fruit or Juice.

Choice of:  
Fat Free  
Chocolate Milk,  
Fat Free White  
Milk, or 1% White  
Milk

Items with a (P) may contain pork

MON	TUES	WED	THURS	FRI
		1 Apple Frudel Orange Wedges 100% Fruit Juice	2 <b>School Closed</b>  <b>Yom Kippur</b>	3 Egg Sandwich Melon 100% Fruit Juice
6 WG Bagel with Cream Cheese Apple Slices 100% Fruit Juice	7 Cinimini Pear 100% Fruit Juice	8 Chicken Patty on a Biscuit Banana 100% Fruit Juice	9 WG Eggoji Waffle Orange Wedges 100% Fruit Juice	10 Apple Cinnamon Breakfast Round Applesauce 100% Fruit Juice
13 <b>School Closed</b>  <b>Columbus Day</b>	14 WG Chocolate Chip Muffin Top Orange Wedges 100% Fruit Juice	15 Egg & Cheese Croissant Banana 100% Fruit Juice	16 Apple Frudel Apple Slices 100% Fruit Juice	17 Mixed Berry Scone Grapes 100% Fruit Juice
20 Chocolate Chip Breakfast Round Apple Slices 100% Fruit Juice	21 WG Vanilla Confetti Waffles Banana 100% Fruit Juice	22 Danimals Yogurt Giant Vanilla Goldfish Applesauce Cup 100% Fruit Juice	23 Pancake & Sausage Breakfast Stick Orange Wedges 100% Fruit Juice	24 Eggo Cinna Bun Crackers Melon 100% Fruit Juice
27 WG Blueberry Muffin Top Applesauce 100% Fruit Juice	28 WG Mini Maple Waffles Grapes 100% Fruit Juice	29 Chicken Sausage Muffin Banana 100% Fruit Juice	30 Chocolate Filled Crescent Orange Wedges 100% Fruit Juice	31 Cinnamon Chip Scone Apple Slices 100% Fruit Juice

Menus are subject to change.



## All Students Now Receive First Breakfast Meal Free!

Additional Breakfast Meal: \$1.00



This institution is an equal opportunity provider.