



September 2025

East Rockaway Elementary School Breakfast Menu

Daily Offerings:

Yogurt Parfait with Fruit and Granola

Assorted Reduced Sugar Cereals/
Cereal Bars

WG Bagel with Butter or Cream Cheese

All Breakfasts Must Include Choice of:
Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
1	2	3	4	5
		Mini WG Confetti Pancakes	WG Chocolate Filled Croissant	WG Cinni Mini Cinnamon Rolls
8	9	10	11	12
Mini WG French Toast	Mini WG Blueberry Waffles	WG Chocolate Filled Croissant	WG Cinnamon Donut Holes	Mini WG Confetti Pancakes
15	16	17	18	19
WG Cinni Mini Cinnamon Rolls	Mini WG French Toast	Mini WG Confetti Pancakes	Mini WG Blueberry Waffles	WG Chocolate Filled Croissant
22	23	24	25	26
WG Cinnamon Donut Holes	Rosh Hashana Schools Closed	Rosh Hashana Schools Closed	Mini WG French Toast	Mini WG Confetti Pancakes
29	30			
WG Chocolate Filled Croissant	Mini WG Blueberry Waffles			

Menus are subject to change.



Available Daily:
Assorted Fruits: Apples, Oranges, Banana
Assorted 100% Juice: Orange, Apple, Tropical Punch
Assorted Milk: 1% White, Fat-Free Chocolate

WG denotes items that are Whole Grain



September 2025

East Rockaway High School

Breakfast Menu

Daily Offerings:

Yogurt Parfait with Fruit and Granola

Assorted Reduced Sugar Cereals/ Cereal Bars

WG Bagel with Butter or Cream Cheese

Egg and Cheese on WG Roll

All Breakfasts Must Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk

MON	TUES	WED	THURS	FRI
1	2	3	4	5
		Mini WG Confetti Pancakes	Chicken Sausage, Egg, and Cheese on a WG Roll	WG Cinni Mini Cinnamon Rolls
8	9	10	11	12
Chicken Sausage, Egg, and Cheese on a WG Roll	Mini WG Blueberry Waffles	WG Chocolate Filled Croissant	Chicken Sausage, Egg, and Cheese on a WG Roll	Mini WG Confetti Pancakes
15	16	17	18	19
Chicken Sausage, Egg, and Cheese on a WG Roll	Mini WG French Toast	Mini WG Confetti Pancakes	Chicken Sausage, Egg, and Cheese on a WG Roll	WG Chocolate Filled Croissant
22	23	24	25	26
Chicken Sausage, Egg, and Cheese on a WG Roll	Rosh Hashana Schools Closed	Rosh Hashana Schools Closed	Chicken Sausage, Egg, and Cheese on a WG Roll	Mini WG Confetti Pancakes
29	30			
Chicken Sausage, Egg, and Cheese on a WG Roll	Mini WG Blueberry Waffles			

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Assorted Fruits: Apples, Oranges, Banana
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