



We serve
WG Donuts
&
WG Donut
Holes
Daily!

September 2026

Shelter Island UFSD

Breakfast Menu

Available Daily:

- Asst. Smoothies
- Sausage, Egg, & Cheese Sandwich
- WG Bagel with Butter or Cream Cheese
- Cold Cereal Variety
- String Cheese
- Apples & Oranges
- Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk
- 4 oz 100% Apple or Tropical Juice

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	2	3	4
7	8	9	10	11
	Chicken Sausage on a WG Muffin Banana	WG Bagel w/Strawberry Cream Cheese Orange Wedges	Bacon, Egg, & Cheese Taco Diced Pears	WG Powdered Donut Applesauce
14	15	16	17	18
WG Cinni Mini Applesauce	Turkey Sausage, Egg, & Cheese on a WG Bun Orange Wedges	WG Muffin Top Cheese Stick Diced Peaches	Egg & Cheese on a WG English Muffin Apple Slices	Chocolate Dipped Strawberry Smoothie Banana
21	22	23	24	25
School Closed Yom Kippur	Tater Tot, Egg & Cheese Taco Applesauce	WG Apple Frudel Orange Wedges	WG Muffin Top Cheese Stick Pear	WG Mini Maple Pancake Puffs Banana
28	29	30		
Egg & Cheese On a WG Croissant Apple Slices	WG Mini Confetti Pancakes Orange Wedges	Strawberry Apple Smoothie Banana		

Menus are subject to change.



All Students Now
Receive First Breakfast
Meal Free!



This institution is an equal opportunity provider.



September 2026

Shelter Island UFSD

Lunch Menu

Available Daily:

- Turkey & Cheese on Kaiser Roll
- Ham & Cheese on Kaiser Roll (P)
- Cheese Sandwich
- WG Bagel with Butter or Cream Cheese
- Cheese Pizza
- Yogurt Parfait w/Granola
- Salad Choice
- Sun Butter & Jelly
- Apples & Oranges
- Baby Carrots & Celery Sticks
- Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk
- 4oz 100% Apple or Tropical Juice

All Lunches Must Include Choice of:
Fruits and/or Vegetable
Choice of:
Fat Free Chocolate Milk, Fat Free White Milk, or 1% White Milk
Items with a (P) may contain pork
*Menus are subject to change without notice

MON	TUES	WED	THURS	FRI
	1	2	3	4
7	8 Taco Seasoned Chicken over Tostitos Chips with Cheddar Cheese Seasoned Corn Applesauce	9 Brunch for Lunch WG French Toast Scrambled Eggs Tater Tots Diced Peaches	10 Hamburger or Cheeseburger on a WG Bun Sweet Potato Fries Apple Slices	11 WG Cheese Pizza Romaine Side Salad Orange Wedges
14 WG Penne Pasta With Meat Sauce Seasoned Broccoli Diced Pears	15 WG Popcorn Chicken WG Rice Honey Glazed Carrots Pear	16 Brunch for Lunch WG Pancakes Chicken Sausage Tater Tots Applesauce	17 Chicken & Cheese Quesadillas Vegetarian Beans Mixed Fruit	18 WG Cheese Pizza WG Pepperoni Pizza (P) Cucumber Coins Strawberries
21 School Closed Yom Kippur	22 Taco Seasoned Beef Over Tostitos Chips with Cheddar Cheese Black Beans Apple Slices	23 Brunch for Lunch WG Waffles Scrambled Eggs Tater Tots Orange	24 Hamburger or Cheeseburger on a WG Bun Sweet Potato Fries Banana	25 WG Cheese Pizza Romaine Side Salad Blueberries
28 Homemade Macaroni & Cheese WG Dinner Roll Seasoned Corn Diced Peaches	29 WG Chicken Nuggets WG Rice Seasoned Cauliflower Pear	30 Brunch for Lunch WG Pancakes Turkey Sausage Tater Tots Applesauce		

Menus are subject to change.



All Students Now Receive
First Lunch Meal Free!



This institution is an equal opportunity provider.