



SEPTEMBER 2021: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>Loaf Assortment</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>	<p>Breakfast on Wednesday, Thursday and Friday May Be Served Warm</p> <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>Seasonal Fresh Fruit</p>	<p>Yogurt Parfait</p> <p>Fresh New York Apples</p>	<p>Assorted Loaves and Muffins</p> <p>Seasonal Fresh Fruit</p>
Labor Day 6	Rosh Hashanah 7	Rosh Hashanah 8	9	10
<p>Apple Cinnamon Cheerios®</p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit</p>	<p>Pillsbury® Mini Maple Pancakes</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>Raisins</p> <p>Seasonal Fresh Fruit</p>	<p>Organic Stonyfield® Yogurt</p> <p>Assorted Granola</p> <p>Fresh New York Apples</p>	<p>Sweet Potato Oatmeal Muffin</p> <p>Seasonal Fresh Fruit</p>
First Day of Classes 13	14	15	Yom Kippur 16	17
<p>Fruity Cheerios® (VE)</p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Fresh Nectarines (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Assorted Loaves and Muffins (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
20	21	22	23	24
<p>Apple Cinnamon Cheerios® (VE)</p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Upstate Farms® Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Craisins (VE)</p> <p>Fresh Peaches (VE)</p>	<p>Pillsbury® Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Zucchini Loaf (V)</p> <p>Fresh Bananas (VE)</p>
27	28	29	30	OCTOBER 1
<p>Sun Butter Cup (VE)</p> <p>Graham Crackers (V) Grape Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Upstate Farms® Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Fresh Oranges (VE)</p>	<p>Pillsbury® Mini Maple Pancakes (V)</p> <p>Fresh Plums (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Seasonal Fresh Fruit (VE)</p>

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p>*Alternative options are available upon request</p>	<p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p> <p>Fruit may be substituted with 100% Fruit juice depending on availability</p>	<p>OFFERED DAILY</p> <p>Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios®</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, Bananas, and Watermelon</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at: schools.nyc.gov/nutritioninformation</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>
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ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK