

SEPTEMBER 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Breakfast on Tuesday, Wednesday and Thursday May Be Served Warm</p>		<p>Yogurt Parfait (V)</p> <p>Sunflower Seeds (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Labor Day 5	6	7	First Day Of Classes 8	9
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Honey Corn Breakfast Muffin Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Fresh Nectarines (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh Bananas (VE)</p>
12	13	14	15	16
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Banana Muffin (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Fresh Peaches (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Loaf (V)</p> <p>Fresh Apples (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh Plums (VE)</p>
19	20	21	22	23
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Muffin Breads (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Fresh Oranges (VE)</p>	<p>Whole Grain Croissant (V) served with Jelly (VE)</p> <p>Sunflower Seeds (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Blueberry Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh Bananas (VE)</p>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Honey Corn Breakfast Muffin Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Fresh Nectarines (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh Bananas (VE)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

Options may vary by location

Cold Cereal Choices

Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products