




## October 2016: K-8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ROSH HASHANAH</b> 3	<b>ROSH HASHANAH</b> 4	<b>YOM KIPPUR</b> 5	<b>New York Thursday</b> 6	<b>7</b>
<p><b>Turkey Bacon, Egg &amp; Cheese Breakfast Toast</b></p> <p><b>Apple Cinnamon Bread</b></p> <p><b>Land O'Lakes® Cheddar Cheese</b></p> <p>100% Fruit Juice</p>	<p><b>Whole Grain Bagel</b> with Cream Cheese &amp; Jelly</p> <p><b>Organic Stonyfield Yogurt</b> Served with Craisins &amp; Granola</p> <p>Fresh Orange Slices</p>	<p><b>Blueberry Pancakes</b> Served with Syrup</p> <p><b>Turkey Sausage Patty</b></p> <p><b>Hot Oatmeal</b></p> <p>100% Fruit Juice</p>	<p><b>Upstate Farms® Cherry Vanilla Yogurt</b></p> <p><b>Nature Valley™ Oats 'n Honey Granola Bar</b></p> <p><b>Whole Grain Bagel</b> with Cream Cheese &amp; Jelly</p> <p><b>Champlain Valley NY Apple Slices</b></p>	<p><b>Cheese Omelet</b> <b>Buttermilk Biscuit</b></p> <p>San Franola Granola Bowl</p> <p>100% Fruit Juice</p>
<b>COLUMBUS DAY</b> 10	<b>11</b>	<b>YOM KIPPUR</b> 12	<b>New York Thursday</b> 13	<b>14</b>
<p><b>Egg &amp; Cheese Pita</b></p> <p><b>Honey Corn Bread</b></p> <p><b>Land O'Lakes® Mozzarella Cheese Stick</b></p> <p>100% Fruit Juice</p>	<p><b>Whole Grain Bagel</b> with Cream Cheese &amp; Jelly</p> <p><b>Organic Stonyfield Yogurt</b> Served with Craisins &amp; Granola</p> <p>Fresh Orange Slices</p>	<p><b>French Toast Sticks</b> Served with Syrup</p> <p><b>Turkey Canadian Bacon</b></p> <p><b>Hot Oatmeal</b> Warm Peach Topper</p> <p>100% Fruit Juice</p>	<p><b>Yogurt Parfait</b></p> <p><b>Whole Grain Croissant</b> with Grape Jelly</p> <p><b>Honey Roasted Sunflower Seeds</b></p> <p><b>Champlain Valley NY Apple Slices</b></p>	<p><b>Bacon, Egg, &amp; Cheese in Soft Wrap</b></p> <p>Multi Grain Cheerios</p> <p><b>Upstate Farms® Yogurt</b></p> <p>100% Fruit Juice</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>New York Big Apple Crunch</b> 20	<b>21</b>
<p><b>Egg &amp; Cheese Breakfast Sandwich</b></p> <p><b>Warm Very Berry Bread</b></p> <p><b>Land O'Lakes® Colby Cheese</b></p> <p>100% Fruit Juice</p>	<p><b>Whole Grain Bagel</b> with Cream Cheese &amp; Jelly</p> <p><b>Organic Stonyfield Yogurt</b> Served with Craisins &amp; Granola</p> <p>Fresh Orange Slices</p>	<p><b>Buttermilk Pancakes</b> Served with Syrup</p> <p><b>Turkey Sausage Patty</b></p> <p><b>Hot Oatmeal</b></p> <p>100% Fruit Juice</p>	<p><b>Upstate Farms® Peach Yogurt</b></p> <p>Apple Cinnamon Bread</p> <p><b>Whole Grain Bagel</b> with Cream Cheese &amp; Jelly</p> <p><b>Champlain Valley NY Apple Slices</b></p>	<p><b>Cheese Omelet Soft Wrap</b> with Salsa</p> <p>Back to the Roots Organic Cinnamon Cereal Bowl</p> <p>100% Fruit Juice</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>New York Thursday</b> 27	<b>28</b>
<p><b>Beef Sausage &amp; White Cheddar Sandwich</b></p> <p><b>Warm Banana Bread</b></p> <p><b>Land O'Lakes® Colby Cheese</b></p> <p>100% Fruit Juice</p>	<p><b>Whole Grain Bagel</b> with Cream Cheese &amp; Jelly</p> <p><b>Organic Stonyfield Yogurt</b> Served with Craisins &amp; Granola</p> <p>Fresh Orange Slices</p>	<p><b>Tasty Waffles</b> Served with Syrup</p> <p><b>Turkey Canadian Bacon</b></p> <p><b>Hot Oatmeal</b> Warm Peach Topper</p> <p>100% Fruit Juice</p>	<p><b>Upstate Farms® Strawberry Banana Yogurt</b></p> <p><b>Apple Cinnamon Granola</b></p> <p><b>Whole Grain Croissant</b> with Grape Jelly</p> <p><b>Honey Roasted Sunflower Seeds</b></p> <p><b>Champlain Valley NY Apple Slices</b></p>	<p><b>Turkey Breakfast Burrito</b> with Taco Sauce</p> <p>Back to the Roots Organic Purple Corn Flakes Bowl</p> <p>100% Fruit Juice</p>
<b>31</b>				
<p><b>Turkey Bacon, Egg &amp; Cheese Breakfast Toast</b></p> <p><b>Apple Cinnamon Bread</b></p> <p><b>Land O'Lakes® Cheddar Cheese</b></p> <p>100% Fruit Juice</p>			 <p><b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</b></p>	

**Offered Daily:** Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, 100% Fruit Juice, Assorted Cold Cereal  
**Cold Cereal Choices:** Frosted Mini Wheats, Multi-Grain Toasted Oats, Raisin Bran, San Franola Granola Bowl, Back to the Roots Organic Purple Corn Flakes, Back to the Roots Cinnamon Cereal  
**Breakfast Dipping Sauces (served with all hot sandwiches ONLY):** Ketchup, Hot Sauce, Salsa

### K to 8 Breakfast Menu



MENUS ARE SUBJECT TO CHANGE