



JUNE 2017: Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD</p>			<p>New York Thursday 1</p> <p>Upstate Farms® Strawberry Yogurt Served with Craisins & Granola</p> <p>Whole Grain Croissant with Grape Jelly</p> <p>Honey Roasted Sunflower Seeds Fresh New York Apples</p>	<p>2</p> <p>Egg & Cheese on an English Muffin</p> <p>Multi Grain Cheerios</p> <p>Upstate Farms® Yogurt</p> <p>100% Fruit Juice</p>
	5	6	7	8
<p>Egg & Cheese Pita</p> <p>Warm Very Berry Bread</p> <p>Land O'Lakes® Colby Cheese</p> <p>100% Fruit Juice</p>	<p>Whole Grain Bagel with Cream Cheese & Jelly</p> <p>Organic Stonyfield Yogurt Served with Craisins & Granola</p> <p>Seasonal Fresh Fruit</p>	<p>Buttermilk Pancakes Served with Syrup</p> <p>Hot Oatmeal Warm Peach Topper</p> <p>100% Fruit Juice</p>	<p>Anniversary Day 8</p> <p>Upstate Farms® Peach Yogurt</p> <p>Apple Cinnamon Bread</p> <p>Whole Grain Bagel with Cream Cheese & Jelly</p> <p>New York Apple Slices</p>	<p>9</p> <p>Cheese Omelet Soft Wrap with Salsa</p> <p>Back to the Roots Organic® Cinnamon Cereal Bowl</p> <p>100% Fruit Juice</p>
12	13	14	15	16
<p>Egg & Cheese Pita</p> <p>Warm Banana Bread</p> <p>Land O'Lakes® Colby Cheese</p> <p>100% Fruit Juice</p>	<p>Whole Grain Bagel with Cream Cheese & Jelly</p> <p>Organic Stonyfield® Yogurt Served with Craisins & Granola</p> <p>Seasonal Fresh Fruit</p>	<p>Tasty Waffles Served with Syrup</p> <p>Hot Oatmeal Warm Peach Topper</p> <p>100% Fruit Juice</p>	<p>New York Thursday 15</p> <p>Upstate Farms® Strawberry Banana Yogurt</p> <p>Apple Cinnamon Granola</p> <p>Honey Roasted Sunflower Seeds</p> <p>Fresh New York Apples</p>	<p>16</p> <p>Egg & Cheese on a Roll</p> <p>Back to the Roots Organic® Purple Corn Flakes Bowl</p> <p>100% Fruit Juice</p>
19	20	21	22	23
<p>Egg & Cheese Pita</p> <p>Apple Cinnamon Bread</p> <p>Land O'Lakes® Cheddar Cheese</p> <p>100% Fruit Juice</p>	<p>Whole Grain Bagel with Cream Cheese & Jelly</p> <p>Organic Stonyfield® Yogurt Served with Craisins & Granola</p> <p>Seasonal Fresh Fruit</p>	<p>Buttermilk Pancakes Served with Syrup</p> <p>Hot Oatmeal Warm Peach Topper</p> <p>100% Fruit Juice</p>	<p>New York Thursday 22</p> <p>Upstate Farms® Cherry Vanilla Yogurt Nature Valley™ Oats 'n Honey Granola Bar</p> <p>Whole Grain Bagel with Cream Cheese & Jelly</p> <p>New York Apple Slices</p>	<p>23</p> <p>Omelet with Cheese Buttermilk Biscuit</p> <p>Back to the Roots® Organic Purple Corn Flakes Bowl</p> <p>100% Fruit Juice</p>
26	27	28	29	30
<p>Eid al-Fitr 26</p> <p>Egg and Cheese Pita</p> <p>Honey Corn Bread</p> <p>Land O'Lakes® Mozzarella Cheese Stick</p> <p>100% Fruit Juice</p>	<p>Whole Grain Bagel with Cream Cheese & Jelly</p> <p>Organic Stonyfield Yogurt Served with Craisins & Granola</p> <p>Seasonal Fresh Fruit</p>	<p>Last Day of Classes 28</p> <p>Cinnamon Pancakes Served with Syrup</p> <p>Hot Oatmeal Warm Peach Topper</p> <p>100% Fruit Juice</p>	<p>Summer Session Begins 29</p> <p>Upstate Farms® Strawberry Yogurt</p> <p>Whole Grain Croissant with Grape Jelly</p> <p>Honey Roasted Sunflower Seeds</p> <p>Fresh New York Apples</p>	<p>30</p> <p>Egg & Cheese on an English Muffin</p> <p>Multi Grain Cheerios</p> <p>Upstate Farms® Yogurt</p> <p>100% Fruit Juice</p>

Offered Daily: Milk (1% low fat, fat free), Seasonal Fresh Fruit (Apples, Oranges, Bananas, Pears), Canned Fruit, 100% Fruit Juice (Apple, Fruit Punch, Grape, Orange), Assorted Cold Cereal

Cold Cereal Choices: Multi-Grain Toasted Oats, Raisin Bran, Back to the Roots Organic Purple Corn Flakes, Back to the Roots Cinnamon Cereal, Cinnamon Flakes

Breakfast Dipping Sauces: Ketchup, Hot Sauce, Salsa

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MENUS ARE SUBJECT TO CHANGE