



OCTOBER 2017: Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
FROM THE GRIDDLE	BAGEL	SKILLET	NEW YORK THURSDAY	FRESH BAKERY
2	3	4	New York Thursday 5	6
French Toast Dippers Served with Syrup Back to the Roots Organic Purple Corn Flakes 100% Fruit Juice Seasonal Fresh Fruit	Whole Grain Bagel with Cream Cheese & Jelly Land O'Lakes® Mozzarella Cheese Stick 100% Fruit Juice Seasonal Fresh Fruit	Egg & Cheese Pita Organic Stonyfield® Yogurt Back to the Roots Organic Cinnamon Clusters 100% Fruit Juice Seasonal Fresh Fruit	Assorted Warm NY Bagel Sticks with Cream Cheese & Jelly Upstate Farms® Yogurt Choice Fresh New York Apples 100% Fruit Juice	Cheese Omelet Soft Wrap with Salsa Blueberry Loaf Back to the Roots Organic Cinnamon Clusters 100% Fruit Juice Seasonal Fresh Fruit
Columbus Day 9	10	11	New York Thursday 12	13
Tasty Waffles Served with Syrup Back to the Roots Organic Purple Corn Flakes 100% Fruit Juice Seasonal Fresh Fruit	Whole Grain Bagel with Cream Cheese & Jelly Land O'Lakes® Cheddar Cheese Stick 100% Fruit Juice Seasonal Fresh Fruit	Whole Grain Croissant Served with Jelly Organic Stonyfield® Yogurt Back to the Roots Organic Cinnamon Clusters 100% Fruit Juice Seasonal Fresh Fruit	Assorted Warm NY Bagel Sticks with Cream Cheese & Jelly Upstate Farms® Yogurt Choice New York Apple Slices 100% Fruit Juice	Egg & Cheese on a Soft Roll Apple Cinnamon Loaf Back to the Roots Organic Cinnamon Clusters 100% Fruit Juice Seasonal Fresh Fruit
16	17	18	New York Thursday 19	20
Buttermilk Pancakes Served with Syrup Back to the Roots Organic Purple Corn Flakes 100% Fruit Juice Seasonal Fresh Fruit	Whole Grain Bagel with Cream Cheese & Jelly Land O'Lakes® Colby Cheese Stick 100% Fruit Juice Seasonal Fresh Fruit	Cheese Omelet with a Buttermilk Biscuit Organic Stonyfield® Yogurt Back to the Roots Organic Cinnamon Clusters 100% Fruit Juice Seasonal Fresh Fruit	Assorted Warm NY Bagel Sticks with Cream Cheese & Jelly Upstate Farms® Yogurt Choice New York Apple Slices 100% Fruit Juice	Egg & Cheese on an English Muffin Honey Corn Loaf Back to the Roots Organic Cinnamon Clusters 100% Fruit Juice Seasonal Fresh Fruit
23	24	25	New York Thursday 26	27
French Toast Dippers Served with Syrup Back to the Roots Organic Purple Corn Flakes 100% Fruit Juice Seasonal Fresh Fruit	Whole Grain Bagel with Cream Cheese & Jelly Land O'Lakes® Mozzarella Cheese Stick 100% Fruit Juice Seasonal Fresh Fruit	Egg & Cheese Pita Organic Stonyfield® Yogurt Back to the Roots Organic Cinnamon Clusters 100% Fruit Juice Seasonal Fresh Fruit	Assorted Warm NY Bagel Sticks with Cream Cheese & Jelly Upstate Farms® Yogurt Choice Fresh New York Apples 100% Fruit Juice	Cheese Omelet Soft Wrap with Salsa Blueberry Loaf Back to the Roots Organic Cinnamon Clusters 100% Fruit Juice Seasonal Fresh Fruit
30	Happy Halloween 31			
Tasty Waffles Served with Syrup Back to the Roots Organic Purple Corn Flakes 100% Fruit Juice Seasonal Fresh Fruit	Whole Grain Bagel with Cream Cheese & Jelly Land O'Lakes® Cheddar Cheese Stick 100% Fruit Juice Seasonal Fresh Fruit		 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

Milk 1% Low-fat Fat Free Fat Free Chocolate Hot Oatmeal Warm Peach Topper	Seasonal Fresh Fruit Apples, Oranges, Bananas, Pears Canned Fruit Peaches, Pears, Pineapples	OFFERED DAILY No Artificial flavors, colors, or sweeteners in all SchoolFood Products Vegetarian Breakfast Menu	100% Fruit Juice Apple, Fruit Punch, Grape, Orange Breakfast Dipping Sauces: Ketchup, Hot Sauce, Salsa	Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Raisin Bran Back to the Roots® Organic Purple Corn Flakes & Cinnamon Cluster
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ATTENTION:

All Pre-K 3 & 4 Students CANNOT be Offered CHOCOLATE MILK or RAISIN BRAN and Can Only Have JUICE on MONDAYS.



MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD HAS A PORK FREE MENU