



## SEPTEMBER 2018: Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>JUMPSTART MONDAY</b>	<b>EGG SANDWICH</b>	<b>FROM THE GRIDDLE</b>	<b>NEW YORK THURSDAY</b>	<b>BAKERY FRESH</b>
Labor Day 3		First Day of Classes 5	New York Thursday 6	
<b>Apple Cinnamon Muffin</b>  Land O'Lakes® Colby Cheese Stick  100% Fruit Juice Fresh Fruit	<b>Egg &amp; Cheese</b> on an English Muffin  <b>Organic Stonyfield® Yogurt</b> Served with Craisins & Granola  100% Fruit Juice Fresh Fruit	<b>Buttermilk Pancakes</b> Served with Syrup  <b>Back to the Roots® Cinnamon Cluster</b>  100% Fruit Juice Fresh Fruit	<b>Fresh Fruit Bar</b>  <b>New York Bagel Thursday</b>  <b>Assorted Fresh New York Bagel Sticks and Bagels</b> with Cream Cheese & Jelly  <b>Yogurt Parfait</b>  100% Fruit Juice <b>New York Apple Slices</b>	<b>Cheese Omelet</b>  <b>Banana Muffin</b>  <b>Back to the Roots® Purple Corn Flakes</b>  100% Fruit Juice Fresh Fruit
Rosh Hashanah 10	Rosh Hashanah 11		New York Thursday 13	
<b>Honey Corn Muffin</b>  Land O'Lakes® Cheddar Cheese Stick  100% Fruit Juice Fresh Fruit	<b>Egg &amp; Cheese</b> on a <b>Ciabatta Bread</b>  <b>Organic Stonyfield® Yogurt</b>  100% Fruit Juice Fresh Fruit	<b>French Toast Dippers</b> Served with Syrup  <b>Back to the Roots® Cinnamon Cluster</b>  100% Fruit Juice Fresh Fruit	<b>Fresh Fruit Bar</b>  <b>New York Bagel Thursday</b>  <b>Assorted Fresh New York Bagel Sticks and Bagels</b> with Cream Cheese & Jelly  <b>Upstate Farms® Yogurt Choice</b>  100% Fruit Juice <b>Fresh New York Apples</b>	<b>Cheese Omelet</b>  <b>Hot Cinnamon Knot</b>  <b>Back to the Roots® Purple Corn Flakes</b>  100% Fruit Juice Fresh Fruit
		Yom Kippur 19	New York Thursday 20	
	<b>Fresh Fruit Bar</b>		<b>New York Bagel Thursday</b>	<b>Fresh Fruit Bar</b>
<b>Blueberry Muffin</b>  Land O'Lakes® Mozzarella Cheese Stick  100% Fruit Juice Fresh Fruit	<b>Egg &amp; Cheese Wrap</b>  <b>Organic Stonyfield® Yogurt</b> Honey Roasted Sunflower Seeds  100% Fruit Juice Fresh Fruit	<b>Cinnamon Burst Pancakes</b> Served with Syrup  <b>Back to the Roots® Purple Corn Flakes</b>  100% Fruit Juice Fresh Fruit	<b>Assorted Fresh New York Bagel Sticks and Bagels</b> with Cream Cheese & Jelly  <b>Upstate Farms® Yogurt Choice</b>  100% Fruit Juice <b>Fresh New York Apples</b>	<b>Tasty Waffles</b> Served with Syrup  <b>Sunshine Zucchini Loaf</b>  <b>Back to the Roots® Cinnamon Cluster</b>  100% Fruit Juice Fresh Fruit
			New York Thursday 27	
	<b>Fresh Fruit Bar</b>		<b>Fresh Fruit Bar</b>	
<b>Apple Cinnamon Muffin</b>  Land O'Lakes® Colby Cheese Stick  100% Fruit Juice Fresh Fruit	<b>Egg &amp; Cheese</b> on an English Muffin  <b>Organic Stonyfield® Yogurt</b> Served with Craisins & Granola  100% Fruit Juice Fresh Fruit	<b>Buttermilk Pancakes</b> Served with Syrup  <b>Back to the Roots® Cinnamon Cluster</b>  100% Fruit Juice Fresh Fruit	<b>New York Bagel Thursday</b>  <b>Assorted Fresh New York Bagel Sticks and Bagels</b> with Cream Cheese & Jelly  <b>Yogurt Parfait</b>  100% Fruit Juice <b>New York Apple Slices</b>	<b>Cheese Omelet</b>  <b>Banana Muffin</b>  <b>Back to the Roots® Purple Corn Flakes</b>  100% Fruit Juice Fresh Fruit
			  <b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</b>	

<b>Milk</b> 1% Low-fat Fat Free Fat Free Chocolate  <b>Spiced Oatmeal</b> Warm Peach Topper	<b>Fresh Fruit</b>  <b>Canned Fruit</b> Peaches, Pears, Pineapples  <b>Grab and Go Breakfast Pack</b>	<b>OFFERED DAILY</b>  No Artificial flavors, colors, or sweeteners in all SchoolFood Products  Vegetarian Breakfast Menu	<b>100% Fruit Juice</b> Apple, Fruit Punch, Grape, Orange  <b>Breakfast Dipping Sauces:</b> Ketchup, Hot Sauce, Salsa	<b>Cold Cereal Choices</b> Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Back to the Roots® Organic Purple Corn Flakes & Cinnamon Clusters
---	--	--	---	---

**ATTENTION:**  
 All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.