



## SEPTEMBER 2019: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2			First Day of Classes 5	
<b>Breakfast Kit (5)</b> <b>Fruity Cheerios®</b> <b>Graham Crackers</b> 100% Apple Juice	<b>Assorted Muffins</b> <b>Organic Stonyfield® Yogurt</b> Fresh Fruit	<b>Whole Grain Bagel</b> served with Cream Cheese & Jelly <b>Land O'Lakes® String Cheese</b> Fresh Fruit	<b>Yogurt Parfait</b> <b>Fresh New York Apples</b>	<b>Cinnamon Twist</b> Fresh Fruit
9	10	11	New York Thursday 12	13
<b>Breakfast Kit (2)</b> <b>Sun Butter Cup</b> <b>Graham Crackers</b> Grape Jelly 100% Fruit Juice	<b>Assorted Loaves</b> <b>Upstate Farms® Yogurt Choice</b> Fresh Fruit	<b>Whole Grain Bagel</b> served with Cream Cheese & Jelly <b>Land O'Lakes® String Cheese</b> Fresh Fruit	<b>Yogurt Parfait</b> <b>Fresh New York Apples</b>	<b>Pillsbury® Mini Blueberry Waffles</b> Fresh Fruit
16	17	18	New York Thursday 19	20
<b>Breakfast Kit (4)</b> <b>Apple Cinnamon Cheerios®</b> <b>Graham Crackers</b> 100% Orange Tangerine Juice	<b>Assorted Muffins</b> <b>Upstate Farms® Yogurt Choice</b> Fresh Fruit	<b>Whole Grain Bagel</b> served with Cream Cheese & Jelly <b>Land O'Lakes® String Cheese</b> Fresh Fruit	<b>Yogurt Parfait</b> <b>Fresh New York Apples</b>	<b>Cinnamon Crumble</b> Fresh Fruit
23	24	25	New York Thursday 26	27
<b>Breakfast Kit (5)</b> <b>Fruity Cheerios®</b> <b>Graham Crackers</b> 100% Apple Juice	<b>Assorted Muffins</b> <b>Organic Stonyfield® Yogurt</b> Fresh Fruit	<b>Whole Grain Bagel</b> served with Cream Cheese & Jelly <b>Land O'Lakes® String Cheese</b> Fresh Fruit	<b>Yogurt Parfait</b> <b>Fresh New York Apples</b>	<b>Cinnamon Twist</b> Fresh Fruit
Rosh Hashanah 30				
<b>Breakfast Kit (2)</b> <b>Sun Butter Cup</b> <b>Graham Crackers</b> Grape Jelly 100% Fruit Juice			EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

### OFFERED DAILY

#### MILK

1% Low-fat  
Fat Free  
Fat Free Chocolate

#### Seasonal Fresh Fruit

No Artificial flavors, colors, or sweeteners in all OFNS Products

Breakfast Express /  
Breakfast in the Classroom  
Menu

Grab and Go  
Breakfast Pack

#### Cold Cereal Choices

Frosted Mini Wheats  
Cinnamon Flakes  
Multi-Grain Cheerios  
Toasty-Oats

### ATTENTION:

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