



SEPTEMBER 2017: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 4	5	6	First Day of Classes 7	8
Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Served with Craisins & Granola Seasonal Fresh Fruit	Sun Butter Cup Honey Graham Crackers Grape Jelly 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Seasonal Fresh Fruit	Nature Valley™ Oats 'n Honey Granola Bar Upstate Farms® Yogurt Land O'Lakes® Colby Cheese Stick Fresh New York Apples	Sunshine Zucchini Loaf Back to the Roots Organic Purple Corn Flakes Seasonal Fresh Fruit
11	12	13	New York Thursday 14	15
Apple Cinnamon Cheerios® Honey Graham Crackers 100% Orange Tangerine Juice	Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Seasonal Fresh Fruit	Yogurt Parfait Land O'Lakes® Cheddar Cheese Stick New York Apple Slices	Honey Corn Loaf Back to the Roots Organic Purple Corn Flakes Seasonal Fresh Fruit
18	19	20	Rosh Hashanah 21	Rosh Hashanah 22
Fruity Cheerios® Honey Graham Crackers 100% Apple Juice	Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Seasonal Fresh Fruit	Nature Valley™ Oats 'n Honey Granola Bar Upstate Farms® Yogurt Land O'Lakes® Mozzarella Cheese Stick Fresh New York Apples	Whole Grain Croissant Served with Jelly Back to the Roots Organic Purple Corn Flakes Seasonal Fresh Fruit
25	26	27	New York Thursday 28	29
Sun Butter Cup Honey Graham Crackers Grape Jelly 100% Fruit Juice	Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Served with Craisins & Granola 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Seasonal Fresh Fruit	Nature Valley™ Oats 'n Honey Granola Bar Upstate Farms® Yogurt Land O'Lakes® Colby Cheese Stick Fresh New York Apples	Sunshine Zucchini Loaf Back to the Roots Organic Purple Corn Flakes Seasonal Fresh Fruit
			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

<p><u>MILK</u></p> <p>1% Low-fat Fat Free Fat Free Chocolate</p>	<p><u>Seasonal Fresh Fruit</u> Apples, Oranges, Bananas, Pears</p> <p><u>Canned Fruit</u> Peaches, Pears, Pineapples</p>	<p><u>OFFERED DAILY</u></p> <p>No Artificial flavors, colors, or sweeteners in all SchoolFood Products</p> <p>Breakfast Express / Breakfast in the Classroom Menu</p>	<p><u>Cold Cereal Choices</u></p> <p>Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Raisin Bran Back to the Roots® Organic Purple Corn Flakes & Cinnamon Clusters</p>
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