



## SEPTEMBER 2018: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 3		First Day of Classes 5	New York Thursday 6	7
<b>Breakfast Kit (5)</b> <b>Fruity Cheerios®</b> <b>Graham Crackers</b> 100% Apple Juice	<b>Organic Stonyfield® Yogurt</b>  <b>Honey Graham Biscuits</b>  Fresh Fruit	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  Fresh Fruit	<b>Yogurt Parfait</b>  <b>Land O'Lakes® Colby Cheese Stick</b>  <b>New York Apple Slices</b>	<b>Honey Corn Muffin</b>  <b>Back to the Roots® Purple Corn Flakes</b>  Fresh Fruit
Rosh Hashanah 10	Rosh Hashanah 11	12	New York Thursday 13	14
<b>Breakfast Kit (2)</b> <b>Sun Butter Cup</b> <b>Graham Crackers</b> Grape Jelly 100% Fruit Juice	<b>Organic Stonyfield® Yogurt</b>  <b>Honey Roasted Sunflower Seeds</b>  Craisins	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  Fresh Fruit	<b>Yogurt Parfait</b>  <b>Land O'Lakes® Cheddar Cheese Stick</b>  <b>New York Apple Slices</b>	<b>Blueberry Muffin</b>  <b>Back to the Roots® Cinnamon Clusters</b>  Fresh Fruit
17	18	Yom Kippur 19	New York Thursday 20	21
<b>Breakfast Kit (4)</b> <b>Apple Cinnamon Cheerios®</b> <b>Graham Crackers</b> 100% Orange Tangerine Juice	<b>Organic Stonyfield® Yogurt</b>  <b>Banana Muffin</b>  Fresh Fruit	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  Fresh Fruit	<b>Yogurt Parfait</b>  <b>Land O'Lakes® Mozzarella Cheese Stick</b>  <b>Fresh New York Apples</b>	<b>Apple Cinnamon Muffin</b>  <b>Back to the Roots® Purple Corn Flakes</b>  Fresh Fruit
24	25	26	New York Thursday 27	28
<b>Breakfast Kit (5)</b> <b>Fruity Cheerios®</b> <b>Graham Crackers</b> 100% Apple Juice	<b>Honey Graham Biscuits</b>  <b>Organic Stonyfield® Yogurt</b>  Fresh Fruit	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  Fresh Fruit	<b>Yogurt Parfait</b>  <b>Land O'Lakes® Colby Cheese Stick</b>  <b>New York Apple Slices</b>	<b>Honey Corn Muffin</b>  <b>Back to the Roots® Purple Corn Flakes</b>  Fresh Fruit
			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

<b>MILK</b>  1% Low-fat Fat Free Fat Free Chocolate	<b>Fresh Fruit</b>  <b>Canned Fruit</b> Peaches, Pears, Pineapples	<b>OFFERED DAILY</b>  No Artificial flavors, colors, or sweeteners in all SchoolFood Products  Breakfast Express / Breakfast in the Classroom Menu	<b>Grab and Go Breakfast Pack</b>	<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
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**ATTENTION:**  
 All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.