



## AUGUST 2017: Breakfast Express Menu

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <br><b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</b> | 1<br><b>Whole Grain Bagel with Cream Cheese &amp; Jelly</b><br><br>Back to the Roots Organic Purple Corn Flakes<br><br>Seasonal Fresh Fruit  | 2<br><b>Cherry Fruit Pocket</b><br><br>Land O'Lakes® Mozzarella Cheese Stick<br><br>Back to the Roots Organic Cinnamon Clusters<br><br>100% Fruit Juice  | 3<br><b>New York Thursday</b><br><b>Upstate Farms® Peach Yogurt</b><br><br>Blueberry Granola<br><br>Back to the Roots Organic Purple Corn Flakes<br><br><b>Fresh New York Apples</b>                   | 4<br><b>Nature Valley™ Oats 'n Honey Granola Bar</b><br><br>Land O'Lakes® Colby Cheese Stick<br><br>100% Fruit Juice                     |
| 7  | 8<br><b>Whole Grain Bagel with Cream Cheese &amp; Jelly</b><br><br>Back to the Roots Organic Purple Corn Flakes<br><br>Seasonal Fresh Fruit  | 9<br><b>Apple Fruit Pocket</b><br><br>Land O'Lakes® Cheddar Cheese Stick<br><br>Back to the Roots Organic Cinnamon Clusters<br><br>100% Fruit Juice      | 10<br><b>New York Thursday</b><br><b>Upstate Farms® Cherry Vanilla Yogurt</b><br><br>Apple Cinnamon Granola<br><br>Back to the Roots Organic Purple Corn Flakes<br><br><b>New York Apple Slices</b>    | 11<br><b>Whole Grain Croissant with Grape Jelly</b><br><br>Honey Roasted Sunflower Seeds<br><br>100% Fruit Juice                         |
| 14   | 15<br><b>Whole Grain Bagel with Cream Cheese &amp; Jelly</b><br><br>Back to the Roots Organic Purple Corn Flakes<br><br>Seasonal Fresh Fruit | 16<br><b>Cherry Fruit Pocket</b><br><br>Land O'Lakes® Mozzarella Cheese Stick<br><br>Back to the Roots Organic Cinnamon Clusters<br><br>100% Fruit Juice | 17<br><b>New York Thursday</b><br><b>Yogurt Parfait</b><br><br>Honey Roasted Sunflower Seeds<br><br>Back to the Roots Organic Purple Corn Flakes<br><br><b>Fresh New York Apples</b>                   | 18<br><b>Nature Valley™ Oats 'n Honey Granola Bar</b><br><br>Land O'Lakes® Colby Cheese Stick<br><br>100% Fruit Juice                    |
| 21   | 22<br><b>Whole Grain Bagel with Cream Cheese &amp; Jelly</b><br><br>Back to the Roots Organic Purple Corn Flakes<br><br>Seasonal Fresh Fruit | 23<br><b>Apple Fruit Pocket</b><br><br>Land O'Lakes® Cheddar Cheese Stick<br><br>Back to the Roots Organic Cinnamon Clusters<br><br>100% Fruit Juice     | 24<br><b>New York Thursday</b><br><b>Upstate Farms® Strawberry Banana Yogurt</b><br><br>Apple Cinnamon Granola<br><br>Back to the Roots Organic Purple Corn Flakes<br><br><b>New York Apple Slices</b> | 25<br><b>Whole Grain Croissant with Grape Jelly</b><br><br>Honey Roasted Sunflower Seeds<br><br>100% Fruit Juice                         |
| 28   | 29<br><b>Whole Grain Bagel with Cream Cheese &amp; Jelly</b><br><br>Back to the Roots Organic Purple Corn Flakes<br><br>Seasonal Fresh Fruit | 30<br><b>Cherry Fruit Pocket</b><br><br>Land O'Lakes® Mozzarella Cheese Stick<br><br>Back to the Roots Organic Cinnamon Clusters<br><br>100% Fruit Juice | 31<br><b>New York Thursday</b><br><b>Upstate Farms® Peach Yogurt</b><br><br>Blueberry Granola<br><br>Back to the Roots Organic Purple Corn Flakes<br><br><b>Fresh New York Apples</b>                  | 1<br><b>September</b><br><b>Nature Valley™ Oats 'n Honey Granola Bar</b><br><br>Land O'Lakes® Colby Cheese Stick<br><br>100% Fruit Juice |

### Offered Daily:

Milk (1% low fat, fat free), Fresh Fruit (Apples, Oranges, Bananas, Pears, Watermelon, Peaches, Plums, Nectarines), Canned Fruit, Assorted Cold Cereal

**Cold Cereal Choices:** Frosted Mini Wheats, Cinnamon Flakes, Multi-Grain Toasted Oats, Raisin Bran, Back to the Roots Organic Purple Corn Flakes, Back to the Roots Cinnamon Cereal

\*Please pack Cream Cheese COLD with Milk

Summer Breakfast Express / Breakfast in the Classroom Menu



MENUS ARE SUBJECT TO CHANGE