



## OCTOBER 2021: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><i>Breakfast Bread</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>	<p style="text-align: center;"><b>Breakfast May Be Served Warm on Wednesday, Thursday and Friday</b></p>		<div style="text-align: center;">  <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p> </div>	<p style="text-align: center;"><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>
4	5	6	7	8
<p><b>Fruity Cheerios® (VE)</b></p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Yogurt Parfait (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Cinnamon Burst Pancakes (V)</b></p> <p>Fresh Nectarines (VE)</p>	<p style="text-align: center;"><b>Whole Grain Bagel (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="text-align: center;"><b>Fresh New York Apples (VE)</b></p>	<p style="text-align: center;"><b>Assorted Breakfast Bread and Muffins (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>
11	12	13	14	15
<p><b>Apple Cinnamon Cheerios® (VE)</b></p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Upstate Farms® Yogurt Choice (V)</b></p> <p>Assorted Granola (V)</p> <p style="text-align: center;"><b>Craisins (VE)</b></p> <p>Fresh Peaches (VE)</p>	<p style="text-align: center;"><b>Pillsbury® Mini Blueberry Waffles (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Whole Grain Bagel (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="text-align: center;"><b>Fresh New York Apples (VE)</b></p>	<p style="text-align: center;"><b>Zucchini Loaf (V)</b></p> <p>Fresh Bananas (VE)</p>
18	19	20	21	22
<p><b>Sun Butter Cup (VE)</b></p> <p>Graham Crackers (V)</p> <p>Grape Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Upstate Farms® Yogurt Choice (V)</b></p> <p>Assorted Granola (V)</p> <p style="text-align: center;"><b>Raisins (VE)</b></p> <p>Fresh Oranges (VE)</p>	<p style="text-align: center;"><b>Pillsbury® Mini Maple Pancakes (V)</b></p> <p>Fresh Plums (VE)</p>	<p style="text-align: center;"><b>Whole Grain Bagel (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="text-align: center;"><b>Fresh New York Apples (VE)</b></p>	<p style="text-align: center;"><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>
25	26	27	28	29
<p><b>Fruity Cheerios® (VE)</b></p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Yogurt Parfait (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Cinnamon Burst Pancakes (V)</b></p> <p>Fresh Nectarines (VE)</p>	<p style="text-align: center;"><b>Whole Grain Bagel (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="text-align: center;"><b>Fresh New York Apples (VE)</b></p>	<p style="text-align: center;"><b>Assorted Breakfast Bread and Muffins (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>

<p><b>Milk*</b> 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p> <p><small>(V) Indicates Vegetarian (VE) Indicates Vegan</small></p>	<p style="text-align: center;"><b>OFFERED DAILY</b></p> <p><b>Breakfast After the Bell Grab and Go</b></p> <p><b>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</b></p>	<p><b>Cold Cereal Choices</b></p> <p>Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios®</p>	<p><b>Seasonal Fresh Fruit</b></p> <p>Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>
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OFNS has an extensive Prohibitive Ingredients List available at:



**ATTENTION:**  
All Pre-K Students CANNOT be Offered CHOCOLATE MILK