



SEPTEMBER 2020: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Breakfast on Tuesday, Wednesday and Friday May Be Served Warm Based on Individual School Capabilities</p>	<p>Assorted Loaves</p> <p>Upstate Farms® Yogurt Choice</p> <p>Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>Fresh Fruit</p>	<p>Yogurt Parfait</p> <p>Fresh New York Apples</p>	<p>Pillsbury® Mini Blueberry Waffles Served with Syrup</p> <p>100% Fruit Juice</p> <p>Fresh Fruit</p>
Labor Day 7	8	9	First Day of School 10	11
<p>Fruity Cheerios®</p> <p>Graham Crackers</p> <p>100% Apple Juice</p>	<p>Zucchini Loaf</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>100% Fruit Juice</p>	<p>Yogurt Parfait</p> <p>Fresh New York Apples</p>	<p>Assorted Muffins</p> <p>Seasonal Fresh Fruit</p>
14	15	16	17	18
<p>Apple Cinnamon Cheerios®</p> <p>Graham Crackers</p> <p>100% Orange Tangerine Juice</p>	<p>Pillsbury® Mini Maple Pancakes</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice</p> <p>Assorted Cheese Sticks</p> <p>Fresh New York Apples</p>	<p>Sweet Potato Oatmeal Muffin</p> <p>Seasonal Fresh Fruit</p>
21	22	23	24	25
<p>Sun Butter Cup</p> <p>Graham Crackers</p> <p>Grape Jelly</p> <p>100% Fruit Juice</p>	<p>Cinnamon Burst Pancakes</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice</p> <p>Assorted Cheese Sticks</p> <p>Fresh New York Apples</p>	<p>Pillsbury® Mini Blueberry Waffles</p> <p>Seasonal Fresh Fruit</p>
Yom Kippur 28	29	30		
<p>Fruity Cheerios®</p> <p>Graham Crackers</p> <p>100% Apple Juice</p>	<p>Zucchini Loaf</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>100% Fruit Juice</p>	<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	

<p>Milk*</p> <p>1% Low-fat</p> <p>Fat Free</p> <p>Fat Free Chocolate</p> <p>*Alternative options are available upon request</p>	<p>OFFERED DAILY</p> <p>Breakfast After the Bell</p> <p>Grab and Go</p>	<p>Cold Cereal Choices</p> <p>Frosted Mini Wheats</p> <p>Cinnamon Flakes</p> <p>Multi-Grain Cheerios</p> <p>Toasty-Oats</p>	<p>100% Fruit Juice</p> <p>Apple, Fruit Punch, Grape, Orange</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at: schools.nyc.gov/nutritioninformation</p>
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ATTENTION: All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.