



OCTOBER 2020: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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<p>Breakfast on Tuesday Wednesday and Friday May Be Served Warm</p>		<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Yogurt Parfait Fresh New York Apples</p>	<p>Assorted Muffins Seasonal Fresh Fruit</p>
5	6	7	8	9
<p>Apple Cinnamon Cheerios® Graham Crackers 100% Orange Tangerine Juice</p>	<p>Pillsbury® Mini Maple Pancakes Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly 100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice Assorted Cheese Sticks Fresh New York Apples</p>	<p>Sweet Potato Oatmeal Muffin Seasonal Fresh Fruit</p>
Indigenous Peoples' Day 12	13	14	15	16
<p>Sun Butter Cup Graham Crackers Grape Jelly 100% Fruit Juice</p>	<p>Cinnamon Burst Pancakes Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly 100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice Assorted Cheese Sticks Fresh New York Apples</p>	<p>Pillsbury® Mini Blueberry Waffles Seasonal Fresh Fruit</p>
19	20	21	22	23
<p>Fruity Cheerios® Graham Crackers 100% Apple Juice</p>	<p>Zucchini Loaf Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly 100% Fruit Juice</p>	<p>Yogurt Parfait Fresh New York Apples</p>	<p>Assorted Muffins Seasonal Fresh Fruit</p>
26	27	28	29	30
<p>Apple Cinnamon Cheerios® Graham Crackers 100% Orange Tangerine Juice</p>	<p>Pillsbury® Mini Maple Pancakes Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly 100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice Assorted Cheese Sticks Fresh New York Apples</p>	<p>Sweet Potato Oatmeal Muffin Seasonal Fresh Fruit</p>

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p>*Alternative options are available upon request</p>	<p>OFFERED DAILY</p> <p>Breakfast After the Bell Grab and Go</p> <p>Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats</p>	<p>100% Fruit Juice 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.