



## NOVEMBER 2019: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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			<p style="font-size: small; color: green;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p><b>Sweet Potato Oatmeal Muffin</b></p> <p>Fresh Fruit</p>
4	Election Day	5	New York Thursday	6
<p>Breakfast Kit (5)</p> <p><b>Fruity Cheerios®</b></p> <p>Graham Crackers</p> <p>100% Apple Juice</p>	<p><b>Assorted Muffins</b></p> <p><b>Organic Stonyfield® Yogurt</b></p> <p>Fresh Fruit</p>	<p><b>Whole Grain Bagel</b> served with Cream Cheese &amp; Jelly</p> <p><b>Land O'Lakes® String Cheese</b></p> <p>Fresh Fruit</p>	<p><b>Yogurt Parfait</b></p> <p>Fresh New York Apples</p>	<p><b>Cinnamon Twist</b></p> <p>Fresh Fruit</p>
11	12	13	New York Thursday	14
<p><b>Assorted Loaves</b></p> <p><b>Upstate Farms® Yogurt Choice</b></p> <p>Fresh Fruit</p>	<p>Breakfast Kit (2)</p> <p><b>Sun Butter Cup</b></p> <p>Graham Crackers Grape Jelly</p> <p>100% Fruit Juice</p>	<p><b>Whole Grain Bagel</b> served with Cream Cheese &amp; Jelly</p> <p><b>Land O'Lakes® String Cheese</b></p> <p>Fresh Fruit</p>	<p><b>Yogurt Parfait</b></p> <p>Fresh New York Apples</p>	<p><b>Pillsbury® Mini Blueberry Waffles</b></p> <p>Fresh Fruit</p>
18	19	20	New York Thursday	21
<p>Breakfast Kit (4)</p> <p><b>Apple Cinnamon Cheerios®</b></p> <p>Graham Crackers</p> <p>100% Orange Tangerine Juice</p>	<p><b>Assorted Muffins</b></p> <p><b>Upstate Farms® Yogurt Choice</b></p> <p>Fresh Fruit</p>	<p><b>Whole Grain Bagel</b> served with Cream Cheese &amp; Jelly</p> <p><b>Land O'Lakes® String Cheese</b></p> <p>Fresh Fruit</p>	<p><b>Yogurt Parfait</b></p> <p>Fresh New York Apples</p>	<p><b>Sweet Potato Oatmeal Muffin</b></p> <p>Fresh Fruit</p>
25	26	27	Thanksgiving Recess	28
<p>Breakfast Kit (5)</p> <p><b>Fruity Cheerios®</b></p> <p>Graham Crackers</p> <p>100% Apple Juice</p>	<p><b>Assorted Muffins</b></p> <p><b>Organic Stonyfield® Yogurt</b></p> <p>Fresh Fruit</p>	<p><b>Whole Grain Bagel</b> served with Cream Cheese &amp; Jelly</p> <p><b>Land O'Lakes® String Cheese</b></p> <p>Fresh Fruit</p>	<p><b>Yogurt Parfait</b></p> <p>Fresh New York Apples</p>	<p><b>Cinnamon Twist</b></p> <p>Fresh Fruit</p>
29	30	31	Thanksgiving Recess	31

### OFFERED DAILY

#### MILK

1% Low-fat  
Fat Free  
Fat Free Chocolate

#### Seasonal Fresh Fruit

No Artificial flavors, colors, or sweeteners in all OFNS Products

Breakfast Express /  
Breakfast in the Classroom  
Menu

**Grab and Go  
Breakfast Pack**

#### Cold Cereal Choices

Frosted Mini Wheats  
Cinnamon Flakes  
Multi-Grain Cheerios  
Toasty-Oats  
Back to the Roots®  
Organic Purple Corn Flakes  
& Cinnamon Cluster

### ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.