



## SEPTEMBER 2020: Breakfast Express Menu

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

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