



## SEPTEMBER 2021: Breakfast Express Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
|  |   | 1  | 2  | 3  |
| <p><b>Loaf Assortment</b><br/>Honey Corn (V)<br/>Apple Cinnamon (V)</p> <p><b>Muffin Assortment</b><br/>Banana (V)<br/>Blueberry (V)</p> | <p>Breakfast on<br/>Wednesday, Thursday<br/>and Friday<br/>May Be Served Warm</p> <p>EVERY THURSDAY WE'RE<br/>PROUDLY CELEBRATING<br/>LOCALLY SOURCED &amp;<br/>PRODUCED FOOD<br/>ALL NEW YORK ITEMS<br/>ARE HIGHLIGHTED IN GREEN</p> | <p><b>Whole Grain Bagel</b><br/>served with<br/>Cream Cheese &amp; Jelly</p> <p>Seasonal Fresh Fruit</p>                       | <p><b>Yogurt Parfait</b></p> <p>Fresh New York Apples</p>  | <p><b>Assorted Loaves<br/>and Muffins</b></p> <p>Seasonal Fresh Fruit</p>          |
| Labor Day 6  | Rosh Hashanah 7   | Rosh Hashanah 8  | 9  | 10   |
| <p><b>Apple Cinnamon<br/>Cheerios®</b></p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit</p>  | <p><b>Pillsbury®<br/>Mini Maple Pancakes</b></p> <p>Seasonal Fresh Fruit</p>  | <p><b>Whole Grain Bagel</b><br/>served with<br/>Cream Cheese &amp; Jelly</p> <p><b>Raisins</b></p> <p>Seasonal Fresh Fruit</p> | <p><b>Organic Stonyfield®<br/>Yogurt</b></p> <p>Assorted Granola</p> <p>Fresh New York Apples</p>                            | <p><b>Sweet Potato<br/>Oatmeal Muffin</b></p> <p>Seasonal Fresh Fruit</p>          |
| First Day of Classes 13  | 14  | 15   | Yom Kippur 16  | 17   |
| <p><b>Fruity Cheerios® (VE)</b></p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>  | <p><b>Yogurt Parfait (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>   | <p><b>Cinnamon Burst<br/>Pancakes (V)</b></p> <p>Fresh Nectarines (VE)</p>   | <p><b>Whole Grain Bagel (VE)</b><br/>served with<br/>Cream Cheese (V) &amp; Jelly (VE)</p> <p>Fresh New York Apples (VE)</p> | <p><b>Assorted Loaves<br/>and Muffins (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p> |
| 20   | 21  | 22   | 23   | 24   |
| <p><b>Apple Cinnamon<br/>Cheerios® (VE)</b></p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>                              | <p><b>Upstate Farms®<br/>Yogurt Choice (V)</b></p> <p>Assorted Granola (V)</p> <p><b>Craisins (VE)</b></p> <p>Fresh Peaches (VE)</p>  | <p><b>Pillsbury® Mini Blueberry<br/>Waffles (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>                                       | <p><b>Whole Grain Bagel (VE)</b><br/>served with<br/>Cream Cheese (V) &amp; Jelly (VE)</p> <p>Fresh New York Apples (VE)</p> | <p><b>Zucchini Loaf (V)</b></p> <p>Fresh Bananas (VE)</p>                          |
| 27   | 28  | 29   | 30   | OCTOBER 1  |
| <p><b>Sun Butter Cup (VE)</b></p> <p>Graham Crackers (V)<br/>Grape Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>                       | <p><b>Upstate Farms®<br/>Yogurt Choice (V)</b></p> <p>Assorted Granola (V)</p> <p><b>Raisins (VE)</b></p> <p>Fresh Oranges (VE)</p>   | <p><b>Pillsbury® Mini<br/>Maple Pancakes (V)</b></p> <p>Fresh Plums (VE)</p>   | <p><b>Whole Grain Bagel (VE)</b><br/>served with<br/>Cream Cheese (V) &amp; Jelly (VE)</p> <p>Fresh New York Apples (VE)</p> | <p><b>Sweet Potato<br/>Oatmeal Muffin (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p> |

### OFFERED DAILY

**Milk\***  
1% Low-fat  
Fat Free  
Fat Free Chocolate

\*Alternative options are available upon request

Breakfast After the Bell  
Grab and Go

Alternative Breakfast  
Grab and Go  
(Cereal, Fruit and Milk)

### Cold Cereal Choices

Frosted Mini Wheats  
Cinnamon Flakes  
Multi-Grain Cheerios  
Toasty-Oats  
Cheerios®

### Seasonal Fresh Fruit

Apples, Apple Slices,  
Blueberries, Oranges,  
Pears, Grapes, Peaches,  
Plums, Nectarines,  
Cantaloupes, Honeydew,  
Bananas, and Watermelon

OFNS has an extensive  
Prohibitive Ingredients List  
available at:  
[schools.nyc.gov/nutritioninformation](https://schools.nyc.gov/nutritioninformation)

(V) Indicates Vegetarian  
(VE) Indicates Vegan

### ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK