



OCTOBER 2024: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center;">Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
7	8	9	10	11
<p style="text-align: center;">Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p style="text-align: center;">Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">French Toast Sticks (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
21	22	23	24	25
<p style="text-align: center;">Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
28	29	30	31	
<p style="text-align: center;">Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center; color: purple;">Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)</p>

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

OFFERED DAILY

Options may vary by location

Cold Cereal Choices
Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)

Seasonal Fresh Fruit
Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

Breakfast After the Bell Grab and Go

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

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.