



OCTOBER 2021: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><i>Breakfast Bread</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>	<p>Breakfast May Be Served Warm on Wednesday, Thursday and Friday</p>		 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
4	5	6	7	8
<p>Breakfast Bread (V)</p> <p>Sunflower Seeds (V)</p> <p>Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Fresh Nectarines (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Assorted Breakfast Bread and Muffins (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
Indigenous Peoples' Day 11	12	13	14	15
<p>Assorted Muffins (V)</p> <p>Sunflower Seeds (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Upstate Farms® Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Craisins (VE)</p> <p>Fresh Peaches (VE)</p>	<p>Pillsbury® Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Fresh Bananas (VE)</p>
18	19	20	21	22
<p>Assorted Muffins (V)</p> <p>Sunflower Seeds (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Upstate Farms® Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Fresh Oranges (VE)</p>	<p>Zucchini Loaf (V)</p> <p>Fresh Plums (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
25	26	27	28	29
<p>Breakfast Bread (V)</p> <p>Sunflower Seeds (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Fresh Nectarines (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Assorted Breakfast Bread and Muffins (V)</p> <p>Seasonal Fresh Fruit (VE)</p>

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p> <p><small>(V) Indicates Vegetarian (VE) Indicates Vegan</small></p>	<p>OFFERED DAILY</p> <p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p>Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios®</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>
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OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK