



OCTOBER 2024: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Plain or Strawberry Banana Apple Sauce (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
7	8	9	10	11
<p>Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p>Honey Corn Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Banana Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Croissant (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
21	22	23	24	25
<p>Honey Cheerios (V)</p> <p>Honey Graham Cracker (V) or Animal Crackers (V)</p> <p>Applesauce (VE)</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Plain or Strawberry Banana Apple Sauce (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
28	29	30	31	
<p>Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p>Honey Corn Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	

OFFERED DAILY

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

Breakfast After the Bell Grab and Go

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

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:



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.