

OCTOBER 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	**Banana Muffin (V)** Mozzarella Cheese Stick (V) Fresh Peaches (VE)	**Mini Blueberry Waffles (V)** Seasonal Fresh Fruit (VE)	**Zucchini Carrot Breakfast Bread (V)** Fresh Apples (VE)	**Whole Grain Bagel (VE)** served with Cream Cheese (V) & Jelly (VE) Fresh Plums (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	**Apple Cinnamon Breakfast Bread (V)** Cheddar Cheese Stick (V) Fresh Oranges (VE)	**Whole Grain Croissant (V)** served with Jelly (VE) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	**Blueberry Muffin (V)** **New York Yogurt Choice (V)** New York Apples Slices (VE)	**Whole Grain Bagel (VE)** served with Cream Cheese (V) & Jelly (VE) Fresh Bananas (VE)
17	18	19	20	21
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	**Honey Corn Breakfast Bread (V)** Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	**Cinnamon Burst Pancakes (V)** Seasonal Fresh Fruit (VE)	**Sweet Potato Oatmeal Muffin (V)** New York Apples Slices (VE)	**Whole Grain Bagel (VE)** served with Cream Cheese (V) & Jelly (VE) Fresh Bananas (VE)
Halloween 31				
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	

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)

Options may vary by location

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

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NYC Department of Education O.F.N.S. Office of Food & Nutrition Services FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.