



OCTOBER 2017: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	New York Thursday 5	6
Apple Cinnamon Cheerios® Honey Graham Crackers 100% Orange Tangerine Juice	Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Seasonal Fresh Fruit	Yogurt Parfait Land O'Lakes® Cheddar Cheese Stick New York Apple Slices	Honey Corn Loaf Back to the Roots Organic Purple Corn Flakes Seasonal Fresh Fruit
9	10	11	New York Thursday 12	13
Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice	Fruity Cheerios® Honey Graham Crackers 100% Apple Juice	Whole Grain Bagel with Cream Cheese & Jelly Seasonal Fresh Fruit	Nature Valley™ Oats 'n Honey Granola Bar Upstate Farms® Yogurt Land O'Lakes® Mozzarella Cheese Stick Fresh New York Apples	Whole Grain Croissant Served with Jelly Back to the Roots Organic Purple Corn Flakes Seasonal Fresh Fruit
16	17	18	New York Thursday 19	20
Sun Butter Cup Honey Graham Crackers Grape Jelly 100% Fruit Juice	Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Served with Craisins & Granola 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Seasonal Fresh Fruit	Nature Valley™ Oats 'n Honey Granola Bar Upstate Farms® Yogurt Land O'Lakes® Colby Cheese Stick Fresh New York Apples	Sunshine Zucchini Loaf Back to the Roots Organic Purple Corn Flakes Seasonal Fresh Fruit
23	24	25	New York Thursday 26	27
Apple Cinnamon Cheerios® Honey Graham Crackers 100% Orange Tangerine Juice	Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Seasonal Fresh Fruit	Yogurt Parfait Land O'Lakes® Cheddar Cheese Stick New York Apple Slices	Honey Corn Loaf Back to the Roots Organic Purple Corn Flakes Seasonal Fresh Fruit
30	31			
Fruity Cheerios® Honey Graham Crackers 100% Apple Juice	Happy Halloween Back to the Roots® Cinnamon Cluster Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice		 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

Milk 1% Low-fat Fat Free Fat Free Chocolate	Seasonal Fresh Fruit Apples, Oranges, Bananas, Pears Canned Fruit Peaches, Pears, Pineapples	OFFERED DAILY No Artificial flavors, colors, or sweeteners in all SchoolFood Products Breakfast Express / Breakfast in the Classroom menu	Grab and Go Breakfast Pack Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Raisin Bran Back to the Roots® Organic Purple Corn Flakes & Cinnamon Cluster
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ATTENTION:
 All Pre-K 3 & 4 Students CANNOT be Offered CHOCOLATE MILK or RAISIN BRAN and Can Only Have JUICE on MONDAYS.