



## SEPTEMBER 2017: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 4	5	6	First Day of Classes 7	8
<b>Back to the Roots® Cinnamon Cluster</b>  <b>Organic Stonyfield® Yogurt</b>  Served with Craisins & Granola  Seasonal Fresh Fruit	<b>Sun Butter Cup</b>  <b>Honey Graham Crackers</b> Grape Jelly  100% Fruit Juice	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  Seasonal Fresh Fruit	<b>Nature Valley™ Oats 'n Honey Granola Bar</b>  <b>Upstate Farms® Yogurt</b>  <b>Land O'Lakes® Colby Cheese Stick</b>  <b>Fresh New York Apples</b>	<b>Sunshine Zucchini Loaf</b>  <b>Back to the Roots Organic Purple Corn Flakes</b>  Seasonal Fresh Fruit
11	12	13	New York Thursday 14	15
<b>Apple Cinnamon Cheerios®</b>  <b>Honey Graham Crackers</b>  100% Orange Tangerine Juice	<b>Back to the Roots® Cinnamon Cluster</b>  <b>Organic Stonyfield® Yogurt</b>  Honey Roasted Sunflower Seeds  100% Fruit Juice	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  Seasonal Fresh Fruit	<b>New York Thursday Yogurt Parfait</b>  <b>Land O'Lakes® Cheddar Cheese Stick</b>  <b>New York Apple Slices</b>	<b>Honey Corn Loaf</b>  <b>Back to the Roots Organic Purple Corn Flakes</b>  Seasonal Fresh Fruit
18	19	20	Rosh Hashanah 21	Rosh Hashanah 22
<b>Fruity Cheerios®</b>  <b>Honey Graham Crackers</b>  100% Apple Juice	<b>Back to the Roots® Cinnamon Cluster</b>  <b>Organic Stonyfield® Yogurt</b>  Honey Roasted Sunflower Seeds  100% Fruit Juice	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  Seasonal Fresh Fruit	<b>Rosh Hashanah Nature Valley™ Oats 'n Honey Granola Bar</b>  <b>Upstate Farms® Yogurt</b>  <b>Land O'Lakes® Mozzarella Cheese Stick</b>  <b>Fresh New York Apples</b>	<b>Rosh Hashanah Whole Grain Croissant</b> Served with Jelly  <b>Back to the Roots Organic Purple Corn Flakes</b>  Seasonal Fresh Fruit
25	26	27	New York Thursday 28	29
<b>Sun Butter Cup</b>  <b>Honey Graham Crackers</b> Grape Jelly  100% Fruit Juice	<b>Back to the Roots® Cinnamon Cluster</b>  <b>Organic Stonyfield® Yogurt</b>  Served with Craisins & Granola  100% Fruit Juice	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  Seasonal Fresh Fruit	<b>New York Thursday Nature Valley™ Oats 'n Honey Granola Bar</b>  <b>Upstate Farms® Yogurt</b>  <b>Land O'Lakes® Colby Cheese Stick</b>  <b>Fresh New York Apples</b>	<b>Sunshine Zucchini Loaf</b>  <b>Back to the Roots Organic Purple Corn Flakes</b>  Seasonal Fresh Fruit
			  EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

<p style="text-align: center;"><b><u>MILK</u></b></p> <p style="text-align: center;">1% Low-fat Fat Free Fat Free Chocolate</p>	<p style="text-align: center;"><b><u>Seasonal Fresh Fruit</u></b> Apples, Oranges, Bananas, Pears</p> <p style="text-align: center;"><b><u>Canned Fruit</u></b> Peaches, Pears, Pineapples</p>	<p><b><u>OFFERED DAILY</u></b></p> <p style="color: yellow;">No Artificial flavors, colors, or sweeteners in all SchoolFood Products</p> <p>Breakfast Express / Breakfast in the Classroom Menu</p>	<p style="text-align: center;"><b><u>Cold Cereal Choices</u></b></p> <p>Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Raisin Bran Back to the Roots® Organic Purple Corn Flakes &amp; Cinnamon Cluster</p>
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