




September 2016: K-8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 EVERY THURSDAY WE'RE PROUDLY CELEBRATING • LOCALLY SOURCED & PRODUCED FOOD			New York Thursday 1 Upstate Farms® Strawberry Banana Yogurt Apple Cinnamon Granola Whole Grain Croissant with Grape Jelly Honey Roasted Sunflower Seeds Champlain Valley NY Apple Slices	2 Cheese Omelet Soft Wrap Back to the Roots Organic Purple Corn Flakes Bowl 100% Fruit Juice
	LABOR DAY 5	6	7	FIRST DAY OF SCHOOL 8
Turkey Bacon, Egg & Cheese Breakfast Toast Blueberry Mini Loaf Land O'Lakes® Cheddar Cheese 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Yogurt and Granola Served with Craisins Organic Stonyfield Yogurt Fresh Orange Slices	Blueberry Pancakes Served with Syrup Turkey Sausage Patty Hot Oatmeal 100% Fruit Juice	Upstate Farms® Cherry Vanilla Yogurt Nature Valley™ Oats 'n Honey Granola Bar Whole Grain Bagel with Cream Cheese & Jelly Champlain Valley NY Apple Slices	Cheese Omelet Buttermilk Biscuit San Franola Granola Bowl 100% Fruit Juice
EID AL-ADHA 12	13	14	New York Thursday 15	16
Egg & Cheese Pita Banana Bread Land O'Lakes® Mozzarella Cheese Stick 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Yogurt and Granola Served with Craisins Organic Stonyfield Yogurt Fresh Orange Slices	French Toast Sticks Served with Syrup Turkey Canadian Bacon Hot Oatmeal Warm Peach Topper 100% Fruit Juice	Yogurt Parfait Whole Grain Croissant with Grape Jelly Honey Roasted Sunflower Seeds Champlain Valley NY Apple Slices	Bacon, Egg & Cheese in a Soft Wrap Multi Grain Cheerios Upstate Farms® Yogurt 100% Fruit Juice
19	20	21	New York Thursday 22	23
Egg & Cheese Breakfast Sandwich Warm Very Berry Bread Land O'Lakes® Colby Cheese 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Yogurt and Granola Served with Craisins Organic Stonyfield Yogurt Fresh Orange Slices	Buttermilk Pancakes Served with Syrup Turkey Sausage Patty Hot Oatmeal 100% Fruit Juice	Upstate Farms® Peach Yogurt Blueberry Granola Whole Grain Bagel with Cream Cheese & Jelly Champlain Valley NY Apple Slices	Cheese Omelet Soft Wrap with Salsa Back to the Roots Organic Cinnamon Cereal Bowl 100% Fruit Juice
26	27	28	New York Thursday 29	30
Beef Sausage & White Cheddar Sandwich Warm Banana Bread Land O'Lakes® Colby Cheese 100% Fruit Juice	Whole Grain Bagel with Cream Cheese & Jelly Yogurt and Granola Served with Craisins Organic Stonyfield Yogurt Fresh Orange Slices	French Toast Sticks Served with Syrup Turkey Canadian Bacon Hot Oatmeal Warm Peach Topper 100% Fruit Juice	Upstate Farms® Strawberry Banana Yogurt Apple Cinnamon Granola Whole Grain Croissant with Grape Jelly Honey Roasted Sunflower Seeds Champlain Valley NY Apple Slices	Cheese Omelet Buttermilk Biscuit Back to the Roots Organic Purple Corn Flakes Bowl 100% Fruit Juice

Offered Daily: Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cold Cereal, 100% Fruit Juice
Breakfast Dipping Sauces (served with all hot sandwiches ONLY): Ketchup, Hot Sauce, Salsa
Cold Cereal Choices: Frosted Mini Wheats, Toasted Oats, Cinnamon Flakes, Multi-Grain Toasted Oats, Raisin Bran

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MENUS ARE SUBJECT TO CHANGE