



JULY 2019: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
Breakfast Kit (5) Fruity Cheerios® Graham Crackers 100% Apple Juice	Assorted Muffins Upstate Farms® Yogurt Choice Fresh Fruit	Whole Grain Bagel served with Cream Cheese & Jelly Fresh Fruit	Yogurt Parfait Fresh New York Apples	Cinnamon Twist Fresh Fruit
8	9	10	New York Thursday 11	12
Breakfast Kit (2) Sun Butter Cup Graham Crackers Grape Jelly 100% Fruit Juice	Assorted Muffins Upstate Farms® Yogurt Choice Fresh Fruit	Whole Grain Bagel served with Cream Cheese & Jelly Fresh Fruit	Yogurt Parfait Fresh New York Apples	Cinnamon Twist Fresh Fruit
15	16	17	New York Thursday 18	19
Breakfast Kit (4) Apple Cinnamon Cheerios® Graham Crackers 100% Orange Tangerine Juice	Assorted Muffins Upstate Farms® Yogurt Choice Fresh Fruit	Whole Grain Bagel served with Cream Cheese & Jelly Fresh Fruit	Yogurt Parfait Fresh New York Apples	Cinnamon Twist Fresh Fruit
22	23	24	25	26
Breakfast Kit (5) Fruity Cheerios® Graham Crackers 100% Apple Juice	Assorted Muffins Upstate Farms® Yogurt Choice Fresh Fruit	Whole Grain Bagel served with Cream Cheese & Jelly Fresh Fruit	Yogurt Parfait Fresh New York Apples	Cinnamon Twist Fresh Fruit
29	30	31		
Breakfast Kit (2) Sun Butter Cup Graham Crackers Grape Jelly 100% Fruit Juice	Assorted Muffins Upstate Farms® Yogurt Choice Fresh Fruit	Whole Grain Bagel served with Cream Cheese & Jelly Fresh Fruit	EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

<p><u>MILK</u></p> <p>1% Low-fat Fat Free Fat Free Chocolate</p>	<p><u>Fresh Fruit</u></p> <p><u>Canned Fruit</u> Peaches, Pears, Pineapples</p>	<p><u>OFFERED DAILY</u></p> <p>No Artificial flavors, colors, or sweeteners in all SchoolFood Products</p> <p>Breakfast Express Menu</p>	<p><u>Cold Cereal Choices</u></p> <p>Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Back to the Roots® Organic Purple Corn Flakes & Cinnamon Clusters</p>
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