



## JULY 2019: Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<b>Assorted Muffins</b> <b>Upstate Farms® Yogurt Choice</b> 100% Fruit Juice Fresh Fruit	<b>Tasty Waffles</b> Served with Syrup 100% Fruit Juice Fresh Fruit	<b>Cheese Omelet</b> Served on an English Muffin 100% Fruit Juice Fresh Fruit	<b>New York Bagel Sticks</b> with Cream Cheese & Jelly 100% Fruit Juice <b>Fresh New York Apples</b>	<b>Cinnamon Burst Pancakes</b> Served with Syrup 100% Fruit Juice Fresh Fruit
8	9	10	New York Thursday 11	12
<b>Assorted Muffins</b> <b>Upstate Farms® Yogurt Choice</b> 100% Fruit Juice Fresh Fruit	<b>Tasty Waffles</b> Served with Syrup 100% Fruit Juice Fresh Fruit	<b>Cheese Omelet</b> Served on an English Muffin 100% Fruit Juice Fresh Fruit	<b>New York Bagel Sticks</b> with Cream Cheese & Jelly 100% Fruit Juice <b>Fresh New York Apples</b>	<b>Cinnamon Burst Pancakes</b> Served with Syrup 100% Fruit Juice Fresh Fruit
15	16	17	New York Thursday 18	19
<b>Assorted Muffins</b> <b>Upstate Farms® Yogurt Choice</b> 100% Fruit Juice Fresh Fruit	<b>Tasty Waffles</b> Served with Syrup 100% Fruit Juice Fresh Fruit	<b>Cheese Omelet</b> Served on an English Muffin 100% Fruit Juice Fresh Fruit	<b>New York Bagel Sticks</b> with Cream Cheese & Jelly 100% Fruit Juice <b>Fresh New York Apples</b>	<b>Cinnamon Burst Pancakes</b> Served with Syrup 100% Fruit Juice Fresh Fruit
22	23	24	25	26
<b>Assorted Muffins</b> <b>Upstate Farms® Yogurt Choice</b> 100% Fruit Juice Fresh Fruit	<b>Tasty Waffles</b> Served with Syrup 100% Fruit Juice Fresh Fruit	<b>Cheese Omelet</b> Served on an English Muffin 100% Fruit Juice Fresh Fruit	<b>New York Bagel Sticks</b> with Cream Cheese & Jelly 100% Fruit Juice <b>Fresh New York Apples</b>	<b>Cinnamon Burst Pancakes</b> Served with Syrup 100% Fruit Juice Fresh Fruit
29	30	31		
<b>Assorted Muffins</b> <b>Upstate Farms® Yogurt Choice</b> 100% Fruit Juice Fresh Fruit	<b>Tasty Waffles</b> Served with Syrup 100% Fruit Juice Fresh Fruit	<b>Cheese Omelet</b> Served on an English Muffin 100% Fruit Juice Fresh Fruit	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	<u><b>Fresh New York Bagel Stick Varieties</b></u> Blueberry Cinnamon Raisin Cranberry French Toast Multigrain Plain Poppy

### OFFERED DAILY

**Milk**  
 1% Low-fat  
 Fat Free  
 Fat Free Chocolate  
 Grab and Go  
 Breakfast Pack

**Fresh Fruit**  
**Canned Fruit**  
 Peaches, Pears, Pineapples

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

Breakfast Menu

**100% Fruit Juice**  
 Apple, Fruit Punch,  
 Grape, Orange

**Breakfast Dipping Sauces:**  
 Ketchup, Hot Sauce, Salsa

### Cold Cereal Choices

Frosted Mini Wheats  
 Cinnamon Flakes  
 Multi-Grain Cheerios  
 Toasty-Oats  
 Back to the Roots®  
 Organic Purple Corn Flakes  
 & Cinnamon Cluster