



OCTOBER 2024: Breakfast Express Menu With Halal Option (H)

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Banana Breakfast Bread (V) (H)</p> <p>Cheddar Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Yogurt Choice (V) (H)</p> <p>Honey Roasted Sunflower Seeds (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Apple Cinnamon Breakfast Bread (V) (H)</p> <p>Colby Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Whole Grain Bagels (Ind) (VE) (H) served with Cream Cheese (V) (H) & Jelly (VE) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>
7	8	9	10	11
<p>Scooters (V) (H)</p> <p>Blueberry Granola (V) (H)</p> <p>Strawberry Banana Apple Sauce (VE) (H)</p>	<p>Blueberry Breakfast Bread (V) (H)</p> <p>Colby Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Yogurt Choice (V) (H)</p> <p>Honey Roasted Sunflower Seeds (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Honey Corn Breakfast Bread (V) (H)</p> <p>Cheddar Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Whole Grain Bagels (Ind) (VE) (H) served with Cream Cheese (V) (H) & Jelly (VE) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Banana Breakfast Bread (V) (H)</p> <p>Colby Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Honey Scooters (V) (H)</p> <p>Blueberry Granola (V) (H)</p> <p>Raisins (VE) (H)</p>	<p>Yogurt Choice (V) (H)</p> <p>Honey Roasted Sunflower Seeds (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Apple Cinnamon Breakfast Bread (V) (H)</p> <p>Colby Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Whole Grain Bagels (Ind) (VE) (H) served with Cream Cheese (V) (H) & Jelly (VE) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>
21	22	23	24	25
<p>Scooters (V) (H)</p> <p>Blueberry Granola (V) (H)</p> <p>Strawberry Banana Apple Sauce (VE) (H)</p>	<p>Blueberry Breakfast Bread (V) (H)</p> <p>Colby Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Yogurt Choice (V) (H)</p> <p>Honey Roasted Sunflower Seeds (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Honey Corn Breakfast Bread (V) (H)</p> <p>Cheddar Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Whole Grain Bagels (Ind) (VE) (H) served with Cream Cheese (V) (H) & Jelly (VE) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>
28	29	30	31	
<p>Honey Scooters (V) (H)</p> <p>Blueberry Granola (V) (H)</p> <p>Raisins (VE) (H)</p>	<p>Banana Breakfast Bread (V) (H)</p> <p>Colby Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Yogurt Choice (V) (H)</p> <p>Honey Roasted Sunflower Seeds (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	<p>Apple Cinnamon Breakfast Bread (V) (H)</p> <p>Colby Cheese Stick (V) (H)</p> <p>Seasonal Fresh Fruit (VE) (H)</p>	

Milk

1% Low-fat (V) (H)
Fat Free (V) (H)
Fat Free Chocolate (V) (H)
Alternative options are available upon request

OFFERED DAILY

Options may vary by location

Cold Cereal Choices
Multi-Grain Oats (VE) (H)
Toasted Oats (VE) (H)
Oat Circles (VE) (H)

Seasonal Fresh Fruit
Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE) (H)

Condiments
Syrup (H) (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.