



NOVEMBER 2023: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<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 style="color: green;">Apple Cinnamon Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Applesauce (VE)</p>	<p style="color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>
6	Election Day 7	8	9	10
<p>Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Zucchini Carrot Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Honey Cheerios (V)</p> <p>Honey Graham Cracker (V) or Animal Crackers (V)</p> <p>Applesauce (VE)</p>	<p style="color: green;">Blueberry Muffin (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Sweet Potato Oatmeal Muffin (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>
20	21	22	Thanksgiving Recess 23	Thanksgiving Recess 24
<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Apple Cinnamon Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Applesauce (VE)</p>	<p style="color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>
27	28	29	30	
<p>Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Zucchini Carrot Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	

Milk

1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)

Alternative options are available upon request

Breakfast After the Bell
Grab and Go

Alternative Breakfast
Grab and Go
(Cereal, Fruit and Milk)

OFFERED DAILY

Options may vary by location

Cold Cereal Choices

Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

Condiments

Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products