



## NOVEMBER 2020: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	Election Day 3	4	5	6
<p><b>Sun Butter Cup</b></p> <p>Graham Crackers Grape Jelly 100% Fruit Juice</p>	<p><b>Cinnamon Burst Pancakes</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Whole Grain Bagel</b> served with Cream Cheese &amp; Jelly  100% Fruit Juice</p>	<p><b>Upstate Farms® Yogurt Choice</b></p> <p>Assorted Cheese Sticks</p> <p>Fresh New York Apples</p>	<p><b>Pillsbury® Mini Blueberry Waffles</b></p> <p>Seasonal Fresh Fruit</p>
9	10	Veterans Day 11	12	13
<p><b>Fruity Cheerios®</b></p> <p>Graham Crackers 100% Apple Juice</p>	<p><b>Zucchini Loaf</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Whole Grain Bagel</b> served with Cream Cheese &amp; Jelly  100% Fruit Juice</p>	<p><b>Yogurt Parfait</b></p> <p>Fresh New York Apples</p>	<p><b>Assorted Muffins</b></p> <p>Assorted Cheese Sticks Seasonal Fresh Fruit</p>
16	17	18	19	20
<p><b>Apple Cinnamon Cheerios®</b></p> <p>Graham Crackers 100% Orange Tangerine Juice</p>	<p><b>Pillsbury® Mini Maple Pancakes</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Whole Grain Bagel</b> served with Cream Cheese &amp; Jelly  100% Fruit Juice</p>	<p><b>Upstate Farms® Yogurt Choice</b></p> <p>Assorted Cheese Sticks Fresh New York Apples</p>	<p><b>Sweet Potato Oatmeal Muffin</b></p> <p>Seasonal Fresh Fruit</p>
23	24	25	Thanksgiving Recess 26	Thanksgiving Recess 27
<p><b>Sun Butter Cup</b></p> <p>Graham Crackers Grape Jelly 100% Fruit Juice</p>	<p><b>Cinnamon Burst Pancakes</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Whole Grain Bagel</b> served with Cream Cheese &amp; Jelly  100% Fruit Juice</p>	<p><b>Upstate Farms® Yogurt Choice</b></p> <p>Assorted Cheese Sticks Fresh New York Apples</p>	<p><b>Pillsbury® Mini Blueberry Waffles</b></p> <p>Seasonal Fresh Fruit</p>
30				
<p><b>Fruity Cheerios®</b></p> <p>Graham Crackers 100% Apple Juice</p>		<p>Breakfast on Tuesday Wednesday and Friday May Be Served Warm</p>	<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

<p><b>Milk*</b></p> <p>1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p><b>Breakfast After the Bell Grab and Go</b></p>	<p><b>Cold Cereal Choices</b></p> <p>Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats</p>	<p><b>Seasonal Fresh Fruit</b></p>	<p>OFNS has an extensive Prohibitive Ingredients List available at: <a href="https://schools.nyc.gov/nutritioninformation" style="color: white;">schools.nyc.gov/nutritioninformation</a></p>
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**ATTENTION:**  
All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.