



## JANUARY 2021: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Winter Recess 1
<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>Sweet Potato Oatmeal Muffin</p> <p>Seasonal Fresh Fruit</p>
4	5	6	7	8
<p>Sun Butter Cup</p> <p>Graham Crackers Grape Jelly</p> <p>100% Fruit Juice</p>	<p>Cinnamon Burst Pancakes</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese &amp; Jelly</p> <p>100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice</p> <p>Assorted Cheese Sticks</p> <p>Fresh New York Apples</p>	<p>Pillsbury® Mini Blueberry Waffles</p> <p>Seasonal Fresh Fruit</p>
11	12	13	14	15
<p>Fruity Cheerios®</p> <p>Graham Crackers</p> <p>100% Apple Juice</p>	<p>Zucchini Loaf</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese &amp; Jelly</p> <p>100% Fruit Juice</p>	<p>Yogurt Parfait</p> <p>Fresh New York Apples</p>	<p>Assorted Muffins</p> <p>Assorted Cheese Sticks</p> <p>Seasonal Fresh Fruit</p>
Martin Luther King Day 18	19	20	21	22
<p>Apple Cinnamon Cheerios®</p> <p>Graham Crackers</p> <p>100% Orange Tangerine Juice</p>	<p>Pillsbury® Mini Maple Pancakes</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese &amp; Jelly</p> <p>100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice</p> <p>Assorted Cheese Sticks</p> <p>Fresh New York Apples</p>	<p>Sweet Potato Oatmeal Muffin</p> <p>Seasonal Fresh Fruit</p>
25	26	27	28	29
<p>Sun Butter Cup</p> <p>Graham Crackers Grape Jelly</p> <p>100% Fruit Juice</p>	<p>Cinnamon Burst Pancakes</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese &amp; Jelly</p> <p>100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice</p> <p>Assorted Cheese Sticks</p> <p>Fresh New York Apples</p>	<p>Pillsbury® Mini Blueberry Waffles</p> <p>Seasonal Fresh Fruit</p>

<p><b>Milk*</b></p> <p>1% Low-fat Fat Free Fat Free Chocolate</p> <p>*Alternative options are available upon request</p>	<p>Breakfast After the Bell Grab and Go</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">schools.nyc.gov/nutritioninformation</a></p>
--	---	---	--

**ATTENTION:**  
All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.