




September 2016: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 EVERY THURSDAY WE'RE PROUDLY CELEBRATING • LOCALLY SOURCED & PRODUCED FOOD			New York Thursday 1 Upstate Farms® Strawberry Banana Yogurt Apple Cinnamon Granola Champlain Valley NY Apple Slices	2 Cherry Fruit Pocket Multi Grain Cheerios 100% Fruit Juice
	LABOR DAY 5	6	7	FIRST DAY OF SCHOOL 8
Strawberry Breakfast Bar Breakfast Cereal Mixed Fruit Cup	San Franola Granola Bowl Land O'Lakes® Mozzarella Cheese Stick 100% Fruit Juice	Whole Grain Croissant with Grape Jelly Honey Roasted Sunflower Seeds Fresh Orange Slices	Upstate Farms® Cherry Vanilla Yogurt Nature Valley™ Oats 'n Honey Granola Bar Champlain Valley NY Apple Slices	Apple Cinnamon Loaf 100% Fruit Juice
EID AL-ADHA 12	13	14	New York Thursday 15	16
Sun Butter Cup Honey Graham Crackers Grape Jelly 100% Fruit Juice	Back to the Roots Organic Cinnamon Cereal Bowl Land O'Lakes® Cheddar Cheese Stick 100% Fruit Juice	Lender's® Whole Grain Bagel with Cream Cheese & Jelly Fresh Orange Slices	Yogurt Parfait Champlain Valley NY Apple Slices	Banana Bread Frosted Mini Wheats 100% Fruit Juice
19	20	21	New York Thursday 22	23
Strawberry Breakfast Bar Breakfast Cereal Mixed Fruit Cup	Banana Bread Fresh Orange Slices	Whole Grain Croissant with Grape Jelly Honey Roasted Sunflower Seeds 100% Fruit Juice	Upstate Farms® Peach Yogurt Blueberry Granola Champlain Valley NY Apple Slices	Blueberry Loaf 100% Fruit Juice
26	27	28	New York Thursday 29	30
Sun Butter Cup Honey Graham Crackers Grape Jelly 100% Fruit Juice	Back to the Roots Organic Purple Corn Flakes Bowl Land O'Lakes® Colby Cheese Stick Seasonal Fresh Fruit	Lender's® Whole Grain Bagel with Cream Cheese & Jelly Fresh Orange Slices	Upstate Farms® Strawberry Banana Yogurt Apple Cinnamon Granola Champlain Valley NY Apple Slices	Cherry Fruit Pocket Multi Grain Cheerios 100% Fruit Juice

Offered Daily: Milk (1% low fat, fat free), Seasonal Fresh Fruit,
 Cold Cereal Choices: Kellogg's® Frosted Mini Wheats, Raisin Bran, Multi Grain Cheerios® and Toasted Oats, Cinnamon Flakes

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