



MAY 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Eid al Fitr 2	3	4	5	6
<p style="text-align: center;">New York Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Craisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Muffins (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Yogurt Parfait (V)</p> <p style="text-align: center;">Sunflower Seeds (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p>	<p style="text-align: center;">Whole Grain Bagel (VE) served with Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
9	10	11	12	13
<p style="text-align: center;">New York Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Breakfast Muffin Bread (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p>	<p style="text-align: center;">Whole Grain Bagel (VE) served with Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
16	17	18	19	20
<p style="text-align: center;">New York Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Craisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Muffins (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Yogurt Parfait (V)</p> <p style="text-align: center;">Sunflower Seeds (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p>	<p style="text-align: center;">Whole Grain Bagel (VE) served with Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
23	24	25	26	27
<p style="text-align: center;">New York Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Breakfast Muffin Bread (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p>	<p style="text-align: center;">Whole Grain Bagel (VE) served with Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
Memorial Day 30	31			
<p style="text-align: center;">New York Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Craisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Muffins (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Breakfast on Tuesday, Wednesday and Friday May Be Served Warm</p>	 <p style="text-align: center;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p style="text-align: center;"><i>Breakfast Muffin Bread Assortment</i> Honey Corn (V) Apple Cinnamon (V)</p> <p style="text-align: center;"><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

Breakfast After the Bell
Grab and Go

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

Options may vary
by location

Cold Cereal Choices

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

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, and
Mandarins

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