



## OCTOBER 2015: K-8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING</p> <ul style="list-style-type: none"> <li>• <b>LOCALLY SOURCED &amp; PRODUCED FOOD</b></li> </ul>	<p><b>New York Thursday 1</b></p> <p><b>Beef Sausage Breakfast Sandwich</b></p> <p>Hot Oatmeal</p> <ul style="list-style-type: none"> <li>• <b>Assorted Upstate Yogurt</b></li> </ul> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>2</b></p> <p><b>Bagel Choices</b> Served with Jelly and Cream Cheese</p> <p><b>Yogurt and Granola Organic Stonyfield Yogurt</b> Served with Craisins</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>
5	6	7	8	9
<p><b>Egg and Cheese Breakfast Sandwich</b></p> <p>Hot Oatmeal</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Bagel Choices</b> Served with Jelly and Cream Cheese <b>Apple Mini Loaf</b></p> <p><b>Land O'Lakes® Mozzarella Cheese Stick</b></p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>National Kale Day</b></p> <p><b>Blueberry Pancakes</b> Served with Syrup</p> <p><b>Turkey Sausage Patty</b></p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>New York Thursday 8</b></p> <p><b>Cheese Omelet Soft Wrap</b> Served with Salsa</p> <p>Hot Oatmeal Warm Peach Topping</p> <ul style="list-style-type: none"> <li>• <b>Assorted Upstate Yogurt</b></li> </ul> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Bagel Choices</b> Served with Jelly and Cream Cheese</p> <p><b>Yogurt and Granola Organic Stonyfield Yogurt</b> Served with Craisins</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>
12	13	14	15	16
<p><b>Columbus Day</b></p> <p><b>Blueberry Mini Loaf with Cheese Stick</b></p> <p>Seasonal Fresh Fruit</p>	<p><b>Turkey Bacon, Egg &amp; Cheese Breakfast Toast</b></p> <p>Hot Oatmeal</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Tasty Waffles</b> Served with Syrup Turkey Canadian Bacon</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>New York Thursday 15</b></p> <p><b>Biscuit Sandwich with Egg and Cheese</b></p> <p>Hot Oatmeal Warm Peach Topping</p> <ul style="list-style-type: none"> <li>• <b>Assorted Upstate Yogurt</b></li> </ul> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Bagel Choices</b> Served with Jelly and Cream Cheese</p> <p><b>Yogurt and Granola Organic Stonyfield Yogurt</b> Served with Craisins</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>
19	20	21	22	23
<p><b>Breakfast Taco</b> Taco Sauce</p> <p>Hot Oatmeal</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Bagel Choices</b> Served with Jelly and Cream Cheese <b>Apple Mini Loaf</b></p> <p><b>Land O'Lakes® Cheddar Cheese Stick</b></p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Buttermilk Pancakes</b> Served with Syrup</p> <p><b>Turkey Sausage Patty</b></p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>New York Thursday 22</b></p> <p><b>Egg and Cheese On a Soft Wheat Roll</b></p> <p>Hot Oatmeal Warm Peach Topping</p> <ul style="list-style-type: none"> <li>• <b>Assorted Upstate Yogurt</b></li> </ul> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Bagel Choices</b> Served with Jelly and Cream Cheese</p> <p><b>Yogurt and Granola Organic Stonyfield Yogurt</b> Served with Craisins</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>
26	27	28	29	30
<p><b>Egg and Cheese Pita</b></p> <p>Hot Oatmeal</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Bagel Choices</b> Served with Jelly and Cream Cheese <b>Blueberry Mini Loaf with Cheese Stick</b></p> <p><b>Land O'Lakes® Colby Jack Cheese Stick</b></p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>French Toast Sticks</b> Served with Syrup</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>New York Thursday 29</b></p> <p><b>Beef Sausage Breakfast Sandwich</b></p> <p>Hot Oatmeal Warm Peach Topping</p> <ul style="list-style-type: none"> <li>• <b>Assorted Upstate Yogurt</b></li> </ul> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>	<p><b>Bagel Choices</b> Served with Jelly and Cream Cheese</p> <p><b>Yogurt and Granola Organic Stonyfield Yogurt</b> Served with Craisins</p> <p>Seasonal Fresh Fruit 100% Fruit Juice</p>

**Offered Daily:** Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cold Cereal, 100% Fruit Juice

**Breakfast Dipping Sauces (served with all hot sandwiches):** Ketchup, Hot Sauce, Salsa

**Cold Cereal Choices:** Frosted Mini Wheats, Heart to Heart, Honey Sunshine, Toasted Oats, Multi-Grain Toasted Oats, Raisin Bran, Berry Whole Grain

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