



# BREAKFAST

## Monday

2

Maple Pancakes, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

9

16

Warm Glazed Apple Roll, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

23

Warm Croissant, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

30

Cinnamon Breakfast Square, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

## Tuesday

3

Banana Muffin, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

10

Cinnamon Breakfast Square, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

17

Corn Muffin, 1 oz  
String Cheese Stick, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

24

Blueberry Pancakes, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

31

**Happy Halloween**  
Iced Pumpkin Roll, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

## Wednesday

4

Cinnamon Waffles, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

11

Turkey Sausage Tac-Go, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

18

Yogurt Cup with Granola, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

25

Cheese Omelet Wrap, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

## Thursday

5



Pop-Tarts, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

12

French Toast Sticks, 2 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

19



Oatmeal Cocoa Chip Bar, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

26

Warmed Apple Fruit Pocket, 2 oz  
1/2 cup 100% Fruit Juice

## Friday

6



Assorted General Mills Cereal, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

13



Assorted General Mills Cereal, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

20



Assorted General Mills Cereal, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

27



Assorted General Mills Cereal, 1 oz  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit

Milk is served with every meal.  
Choose 1% White Milk or Fat Free White Milk.

MENUS MUST BE POSTED AT ALL TIMES FOR NEW YORK STATE INSPECTION.  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

ALL GRAIN PRODUCTS ARE WHOLE GRAIN.