

BREAKFAST

NOVEMBER 2021

Child Nutrition Pre K – 8th

HOT BIC

Monday	Tuesday	Wednesday	Thursday	Friday
1 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	2 Egg & Melted Cheese Sandwich 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	3 French Toast Sticks w/Maple Syrup 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	4 Pillsbury Bagel-ful 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	5 Assorted Low Sugar Cereal w/Cheese Stick 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk
8 Assorted Muffin Loaf 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	9 Warm Pancakes w/Maple Syrup 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	10 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk		12 Assorted Low Sugar Cereal w/Cheese Stick 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk
15 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	16 Pillsbury Bagel-ful 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	17 Warm Pancakes w/Maple Syrup 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	18 Egg & Melted Cheese Sandwich 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	19 Assorted Low Sugar Cereal w/Cheese Stick 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk
22 Egg & Melted Cheese Sandwich 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	23 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	24 Warm Pancakes w/Maple Syrup 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	25 	26 
29 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk	30 Egg & Melted Cheese Sandwich 1/2 cup 100% Fruit Juice 1/2 cup Assorted Fruit Choice of Milk			

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- (1) mail: U.S. Department of Agriculture
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1400 Independence Avenue, SW
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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



The U.S.D.A. and NYSED have granted free Breakfast and free Lunch to ALL students until further notice

- Assorted Fruit**
- Fresh Fruit-1 Piece ex (apple, banana, orange)
 - Frozen Fruit Cup 1/2 cup
 - Prepared Fruit Cup 1/2 cup Ex. (pear, pear, peaches, applesauce)