

JANUARY 2024: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
8	9	10	11	12
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Egg and Cheese (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Martin Luther King Day 15	16	17	18	19
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
22	23	24	25	26
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
29	30	31		
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE)

**OFFERED DAILY**

**Milk**  
1% Low-fat (V)  
Fat Free (V)  
Fat Free Chocolate (V)  
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)  
Cinnamon Flakes (VE)

**Seasonal Fresh Fruit**  
Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

**Condiments**  
Syrup (VE)

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