

OCTOBER 2026: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Banana Muffin (V) Yogurt Choice (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
5	6	7	8	9
Zucchini Carrot Muffin (V)	Egg & Cheese on a Croissant (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Muffin (V) Yogurt Choice (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)
Italian Heritage/Indigenous Peoples' Day 12	13	14	15	16
Sweet Potato Oatmeal Muffin (V)	Breakfast Griddle Sandwich (V)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE)	Honey Corn Muffin (V) Yogurt Choice (V)	Egg & Cheese on a Bagel (V) Sweet Potato Home Fries (VE)
19	20	21	22	23
Apple Cinnamon Muffin (V) Colby Jack Cheese Stick (V)	Egg & Cheese on a Buttermilk Biscuit (V)	Maple Pancakes (V) Blueberry Topping (VE)	Banana Muffin (V) Yogurt Choice (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
26	27	28	29	30
Zucchini Carrot Muffin (V)	Egg & Cheese on a Croissant (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Muffin (V) Yogurt Choice (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

Cold Cereal Choices
Berry Toasted Oats (VE)
Blueberry Granola (VE)
Cereal with Oat Clusters (V)
Cinnamon Vanilla Granola (VE)
Honey Toasted Oats (V)
Shredded Wheat
Toasted Oats (VE)

OFFERED DAILY
Options may vary by location

Breakfast After the Bell Grab and Go

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

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberries, Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:
• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V)**: A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
• **Vegan Item (VE)**: A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.