

Get a **SMART START** with **SCHOOL BREAKFAST!**

Kids who eat breakfast at school are more attentive in class, have better memory, and perform better on tests. That's why your school offers a healthy breakfast—including fruit and whole grains. Are morning meals difficult for your family? Let your school's breakfast program help out!



*Funded by NYSOTDA, FRAC, The Walmart Foundation,
and Share Our Strength. This institution is an equal opportunity provider.*

FoodHelpNY.org
SummerMealsNY.org
ChildcareMealsNY.org
SchoolMealsHubNY.org
AfterschoolMealsNY.org
HungerSolutionsNY.org

ELEMENTARY SCHOOL MENU

MAY MOORE, JQA, JFK



Monday 11/18/19	Tuesday 11/19/19	Wednesday 11/20/19	Thursday 11/21/19	Friday 11/22/19
Mini Cinnamon Rush French Toast	Egg & Cheese on a Bagel	WG Maple Waffles	Bagel Melt	Mini Maple Pancakes

Also Available Daily

- Bagel with Butter or Cream Cheese and String Cheese
- Assorted Cold Cereal with String Cheese
- Yogurt Parfait Served with or without Granola(contains nuts & seeds)
- Assorted Whole Grain Muffins with String Cheese

All Breakfasts MUST include one of the following choices:

Fruit and/or 100% Juice selection

Apples, Bananas, Strawberry or Mixed Berry Cup, Orange Juice

And May include: 1% White Milk, Fat-Free White Milk, Fat-Free Chocolate Milk

All Breads, Bagels and Muffins are Whole Grain



SECONDARY SCHOOL MENU

ROBERT FROST, DPHS



Monday 11/18/19	Tuesday 11/19/19	Wednesday 11/20/19	Thursday 11/21/19	Friday 11/22/19
Mini Cinnamon Rush French Toast	Egg & Cheese on a Bagel	Bacon Egg & cheese On a Roll	Sausage Egg & Cheese On a Roll	Mini Maple Pancakes

Also Available Daily

Bagel with Butter or Cream Cheese and String Cheese
 Assorted Cold Cereal with String Cheese
 Yogurt Parfait Served with or without Granola (contains nuts & seeds)
 Assorted Whole Grain Muffins with String Cheese

All Breakfasts MUST include one of the following choices:

Fruit and/or 100% Juice selection

Apples, Bananas, Strawberry or Mixed Berry Cups, Orange Juice

And May include: 1% White Milk, Fat-Free White Milk, Fat-Free Chocolate Milk

All Breads, Bagels and Muffins are Whole Grain

