

BREAKFAST IN THE CLASSROOM

FEED YOUR MIND

WWW.KITCHENEXPRESSOLUTIONS.COM

LOCALLY SOURCED



BREAKFAST MENU



THURSDAYS

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

5

Fruity Cheerios®
with Honey Graham Crackers

100% Apple Juice

6

Zucchini Loaf
Organic Stonyfield® Yogurt
with Honey Roasted Sunflower Seeds

100% Fruit Juice

7

Whole Grain Bagel
with Jelly & Cream Cheese

Seasonal Fresh Fruit

8

Oats n' Honey Granola Bar
Upstate Farms® Yogurt
with Land O' Lakes® Mozzarella Cheese Stick

Fresh Apples

9

Whole Grain Croissant
with Jelly
Back to the Roots® Purple Corn Flakes Bowl

Seasonal Fresh Fruit

12

Sun Butter Cup
with Honey Graham Crackers & Grape Jelly

100% Fruit Juice

13

Honey Corn Muffin
Organic Stonyfield® Yogurt
with Craisins & Granola

100% Fruit Juice

14

Whole Grain Bagel
with Jelly & Cream Cheese

Seasonal Fresh Fruit

15

Oats n' Honey Granola Bar
Upstate Farms® Yogurt
with Land O' Lakes® Colby Cheese Stick

Fresh Apples

16

Apple Cinnamon Muffin
Back to the Roots® Cinnamon Cereal Bowl

Seasonal Fresh Fruit

19

Apple Cinnamon Cheerios®
with Honey Graham Crackers

100% Orange Tangerine Juice

20

Banana Muffin
Organic Stonyfield® Yogurt
with Honey Roasted Sunflower Seeds

100% Fruit Juice

21

Whole Grain Bagel
with Jelly & Cream Cheese

Seasonal Fresh Fruit

22

Yogurt Parfait
with Land O' Lakes Cheddar Cheese Stick

Fresh Apple Slices

23

Blueberry Muffin
Back to the Roots® Cinnamon Cereal Bowl

Seasonal Fresh Fruit

26

Fruity Cheerios®
with Honey Graham Crackers

100% Apple Juice

27

Zucchini Loaf
Organic Stonyfield® Yogurt
with Honey Roasted Sunflower Seeds

100% Fruit Juice

28

Whole Grain Bagel
with Jelly & Cream Cheese

Seasonal Fresh Fruit

29

Oats n' Honey Granola Bar
Upstate Farms® Yogurt
with Land O' Lakes® Mozzarella Cheese Stick

Fresh Apples

30

Whole Grain Croissant
with Jelly
Back to the Roots® Purple Corn Flakes Bowl

Seasonal Fresh Fruit

Nutrition is Priceless

Free Lunch For All Students

OFFERED DAILY

- Seasonal Fresh Fruit
- Assorted Milk*
- Assorted Cold Cereal**

* Assorted Milk

- 1% Low Fat
- Fat Free



** Cold Cereal

- Kellogg's® Frosted Flakes
- Lucky Charms
- Multi Grain Cheerios®
- Cocoa Puffs
- Cinnamon Toast Crunch
- TRIX

MENU SUBJECT TO CHANGE



SchoolFood
Feed your mind

