

**Have a  
Great Day!**

# Bronx Academy of Promise Breakfast Menu



November 14 - 18, 2016

Meal Includes:  
Meat/Meal Alternate, Grains, Fruit, and Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>French Toast Sticks w/Syrup *****</b></p> <p><b>Corn Muffin w/Fruit Cup *****</b></p> <p><b>Assorted Whole Grain Cereals *****</b></p> <p><b>Fresh and Cupped Fruit *****</b></p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p>	<p><b>Egg &amp; Cheese on a English Muffin *****</b></p> <p><b>Hot Oatmeal w/Cinnamon &amp; Raisins *****</b></p> <p><b>Assorted Whole Grain Cereals *****</b></p> <p><b>Fresh and Cupped Fruit *****</b></p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p>	<p><b>Belgian Waffles w/Strawberries or Syrup *****</b></p> <p><b>Cinnamon Raisin Bagel w/LF Cream Cheese *****</b></p> <p><b>Assorted Whole Grain Cereals *****</b></p> <p><b>Fresh and Cupped Fruit *****</b></p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p>	<p><b>Scrambled Eggs Hash Browns Whole Wheat Bagel *****</b></p> <p><b>Yogurt Parfait w/Fruit &amp; Granola *****</b></p> <p><b>Assorted Whole Grain Cereals *****</b></p> <p><b>Fresh and Cupped Fruit *****</b></p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p>	<p><b>Banana Pancakes w/Syrup *****</b></p> <p><b>Blueberry Muffin w/Fruit Cup *****</b></p> <p><b>Assorted Whole Grain Cereals *****</b></p> <p><b>Fresh and Cupped Fruit *****</b></p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p>

Available at Every Breakfast

**Grains: Bagels, English Muffins, Whole Wheat Bread**  
**Milk: Low-Fat White and Non-Fat Chocolate**  
Water available at every meal

This institution is an equal opportunity provider.