

Bronx Academy of Promise
Breakfast Menu

November 2017

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

Have a Great
Day!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey bacon, egg and cheese on a w/w croissant Pineapple and strawberry parfait, fruit granola	2 Blueberry muffin, fruit yogurt Belgian waffles, mixed berries	3 Peanut butter and jelly sandwich, banana Scrambled eggs with turkey bacon bits, w/w toast
6 Ham egg and cheddar frittata, breakfast biscuit Cinnamon raisin bagels, fresh cut fruit, lite cream cheese	7 Election Day School Closed	8 Breakfast burrito, turkey sausage, cheese salsa Bran muffin, fresh fruit, cheese sticks	9 Warm banana bread, cheddar cheese stick Hot oatmeal, peach topping	10 Cheese omelet, potato hash brown, Toast Turkey/ham and egg on w/w English muffin
13 Blueberry scones, cheese sticks Scrambled eggs, toast, fresh cut fruit	14 Warm apple muffin, sliced apples Cream of wheat, pineapple toppings	15 Turkey bacon egg and cheese on w/w Kaiser roll Baked potato basket, egg and cheese & Toast	16 Hot oatmeal, fresh fruit topping Grilled Cheese Sandwich on w/w bread, fresh fruit	17 Cheesy Scrambled Egg w/Whole Wheat Bagel Cinnamon Raisin Bagel, Lite Cream Cheese, Fresh Fruit
20 Blueberry muffin, cheese sticks, fresh fruit Scrambled eggs, w/w bagel, sausage patty	21 Sausage, egg and cheese on w/w Kaiser roll Cinnamon raisin bagel, lite cream cheese, cupped fruit	22 Pancake, maple syrup, cupped fruit Hardboiled egg w/w bagel, lite cream cheese	23 Thanksgiving Recess School Closed	24 Thanksgiving Recess School Closed
27 Bacon, Egg & Cheese on a Kaiser Roll Cinnamon Raisin Bagel, Lite Cream Cheese, Fresh Fruit	28 Ham & Cheese Frittata w/ Whole Wheat Toast Yogurt Parfait w/Fruit & Granola	29 Belgian waffles, mixed berries Scrambled Eggs Whole Wheat Bagel	30 Oatmeal served with warm pancakes Breakfast burrito, bacon egg and cheese	

Available at Every Breakfast

Grain: Bagels, English Muffins, Whole Wheat Bread,
Milk: Low-Fat White and Non-Fat Chocolate
Fruit: Fresh fruit & Cup Fruit
Water available at every meal

This institution is an equal opportunity provider.