

Bronx Academy of Promise

Breakfast **October** Menu

Meal Includes:

Meat/Meal Alternate, Grains, Fruit and Milk

Have a Great Day!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>French toast, fresh berries, maple syrup</p> <p>Cheesy scrambled eggs on w/w bagel. Lite cream cheese</p>	<p>3</p> <p>Bacon, eggs and cheese on w/w Kaiser roll</p> <p>Pineapple parfait, granola</p>	<p>4</p> <p>Egg salad sandwich on w/w pita bread</p> <p>Cinnamon raisin bagel with lite cream cheese, cheese stick, fresh cut fruit</p>	<p>5</p> <p>Warm apple muffin, sliced apples</p> <p>Scrambled eggs, western potato hash, turkey bacon, w/w Toast</p>	<p>6 Half a day</p> <p>Cinnamon raisin oatmeal, fresh cut fruit</p> <p>Hard boiled eggs, w/w bagel, lite cream cheese</p>
<p>9</p> <p>School Closed Columbus Day</p>	<p>10</p> <p>Banana pancakes, light maple syrup</p> <p>Cream of wheat, fresh berries</p>	<p>11</p> <p>Scrambled eggs with bacon bits, w/w toast, fresh cut fruits</p> <p>Egg and cheese on a w/w English muffin</p>	<p>12</p> <p>Grilled cheese sandwich, fresh apples</p> <p>Blueberry scones, sliced apples</p>	<p>13</p> <p>Sausage egg and cheese breakfast burrito</p> <p>Fresh cut Fruit</p> <p>Raisin bagel, lite cream cheese, cheese stick</p>
<p>16</p> <p>Bacon egg and cheese on Kaiser roll</p> <p>Fresh berry parfait with granola</p>	<p>17</p> <p>Waffles with lite maple syrup</p> <p>Western scrambled eggs with biscuit</p>	<p>18</p> <p>Sausage egg and cheese on English muffin</p> <p>Hot oatmeal with fresh blueberries</p>	<p>19</p> <p>Scrambled eggs with homefries, turkey bacon, w/w Toast</p> <p>Apple muffins, fresh fruits and cheese sticks</p>	<p>20</p> <p>French toast with lite maple syrup and apple slices</p> <p>Cheesy scrambled eggs with ham and plain whole wheat bagel</p>
<p>23</p> <p>Blueberry muffin, fresh cut fruit, cheese stick</p> <p>Turkey sausage, egg and cheese on w/w bagel</p>	<p>24</p> <p>Cream of wheat with fresh cut fruit</p> <p>Banana pancakes with lite maple syrup</p>	<p>25</p> <p>Sausage egg and cheese on biscuit</p> <p>Pineapple granola parfait</p>	<p>26</p> <p>Belgian Waffles w/mixed berries</p> <p>Yogurt Parfait w, fruit & granola</p>	<p>27</p> <p>Peanut butter and jelly Sandwich banana</p> <p>Scrambled eggs with turkey bacon bits & whole wheat toast</p>
<p>30</p> <p>Cinnamon Raisin Bagel w/Cream Cheese</p> <p>Blueberry Pancakes w/Syrup</p>	<p>31 Half a day</p> <p>Cheesy Scrambled Egg w/Whole Wheat Toast</p> <p>Bran Muffin, Cheese Stick, Fresh Fruit</p>			

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