

**Have a  
Great Day!**

# Bronx Academy of Promise

## Breakfast Menu



**October 17 - 21, 2016**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Scrambled Eggs w/Diced Ham Whole Wheat Bagel</b> *****</p> <p><b>Plain Bagel w/LF Cream Cheese</b> *****</p> <p><b>Assorted Whole Grain Cereals</b> *****</p> <p><b>Fresh and Cupped Fruit</b> *****</p> <p><b><u>Milk</u> 1% White or Non-Fat Chocolate</b></p>	<p><b>Belgian Waffle w/Syrup Turkey Bacon</b> *****</p> <p><b>Hot Cream of Wheat w/Fruit Topping</b> *****</p> <p><b>Assorted Whole Grain Cereals</b> *****</p> <p><b>Fresh and Cupped Fruit</b> *****</p> <p><b><u>Milk</u> 1% White or Non-Fat Chocolate</b></p>	<p><b>Egg &amp; Cheese in a Pita</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><b><u>Milk</u> 1% White or Non-Fat Chocolate</b></p>	<p><b>French Toast w/Syrup Sausage Link</b> *****</p> <p><b>Apple Muffin w/Fruit Cup</b> *****</p> <p><b>Assorted Whole Grain Cereals</b> *****</p> <p><b>Fresh and Cupped Fruit</b> *****</p> <p><b><u>Milk</u> 1% White or Non-Fat Chocolate</b></p>	<p><b>Turkey Sausage Patty &amp; Egg on a Roll</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><b><u>Milk</u> 1% White or Non-Fat Chocolate</b></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.**