

**Have a  
Great Day!**

# Bronx Academy of Promise Breakfast Menu



September 19 - 23, 2016

Meal Includes:

Meat/Meal Alternate, Grains, Fruit, and Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Blueberry Pancakes w/Syrup Turkey Bacon *****</b></p> <p><b>Cinnamon Bagel w/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>Turkey/Ham &amp; Cheese Frittata Whole Wheat Toast *****</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 Sticks w/Syrup *****</b></p> <p><b>Banana 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>Cheesy Scrambled Eggs w/Grit Sticks *****</b></p> <p><b>Hot Oatmeal w/Warm 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>Belgian Waffle w/Syrup Sausage Link *****</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><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.**