

**Have a  
Great Day!**

# Bronx Academy of Promise

## Breakfast Menu



December 12 – 16, 2016

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Cheesy Scrambled Egg w/Grit Sticks</b> *****</p> <p><b>Apple Muffin w/Fruit Salad</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 w/Bacon Crumbles Whole Wheat Bagel</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>Turkey Sausage &amp; Egg Sandwich</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>Buttermilk Pancakes w/Syrup</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><u>Milk</u> 1% White or Non-Fat Chocolate</p>	<p><b>Egg &amp; Cheese in a Pita</b> *****</p> <p><b>Blueberry Muffin w/Fruit Salad</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.**