

**Have a
Great Day!**

Bronx Academy of Promise

Breakfast Menu



December 5 - 9, 2016

Meal Includes:

Meat/Meal Alternate, Grains, Fruit, and Milk

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>Shredded Apple Pancakes w/Syrup Sausage Link *****</p> <p>Corn Muffin w/Fruit Salad *****</p> <p>Assorted Whole Grain Cereals *****</p> <p>Fresh and Cupped Fruit *****</p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p> | <p>Scrambled Eggs w/Bacon Crumbles Whole Wheat Bagel *****</p> <p>Cinnamon Raisin Bagel w/LF Cream Cheese *****</p> <p>Assorted Whole Grain Cereals *****</p> <p>Fresh and Cupped Fruit *****</p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p> | <p>Egg & Cheese on a English Muffin *****</p> <p>Apple Cinnamon Muffin w/Fruit Cup *****</p> <p>Assorted Whole Grain Cereals *****</p> <p>Fresh and Cupped Fruit *****</p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p> | <p>Cheese Omelet in a W.W. Tortilla w/Salsa *****</p> <p>Plain Bagel w/LF Cream Cheese *****</p> <p>Assorted Whole Grain Cereals *****</p> <p>Fresh and Cupped Fruit *****</p> <p><u>Milk</u> 1% White or Non-Fat Chocolate</p> | <p>Belgian Waffle w/Syrup Turkey Bacon *****</p> <p>Yogurt Parfait w/Fruit & Granola *****</p> <p>Assorted Whole Grain Cereals *****</p> <p>Fresh and Cupped Fruit *****</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.