



OCTOBER 2026: High School Breakfast Menu **With Halal Option (H)**

| Monday                                                                                                                                | Tuesday                                                                                                                   | Wednesday                                                               | Thursday                                                                                   | Friday                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
|                                                                                                                                       |                                                                                                                           |                                                                         | 1                                                                                          | 2                                                                                           |
| WE PROUDLY SUPPORT<br>LOCALLY SOURCED,<br>GROWN, HARVESTED OR<br>PRODUCED FOOD.<br>ALL NEW YORK ITEMS<br>ARE HIGHLIGHTED IN<br>GREEN. | <b>Breakfast Bar</b><br>Yogurts (V) (H)<br>Assorted Berries (H)<br>& Fresh Cut Fruit (VE) (H)<br>Assorted Granola (V) (H) |                                                                         | Banana Muffin (V) (H)<br><br>Breakfast Bar (V) (H)                                         | Breakfast Mozzarella<br>Quesadilla (V) (H)<br><br>Salsa (VE) (H)<br><br>Home Fries (VE) (H) |
| 5                                                                                                                                     | 6                                                                                                                         | 7                                                                       | 8                                                                                          | 9                                                                                           |
| Zucchini Carrot<br>Muffin (V) (H)                                                                                                     | Egg & Cheese<br>on a<br>Croissant (V) (H)<br><br>Breakfast Bar (V) (H)                                                    | Maple Pancakes (V) (H)<br>Warm Peach Topping (V) (H)                    | Apple Pie<br>Oatmeal (VE) (H)<br><br>Blueberry Muffin (V) (H)<br><br>Breakfast Bar (V) (H) | Caprese Egg Sandwich<br>on Ciabatta (V) (H)<br><br>Hashbrowns (VE) (H)                      |
| Italian Heritage/Indigenous<br>Peoples' Day 12                                                                                        | 13                                                                                                                        | 14                                                                      | 15                                                                                         | 16                                                                                          |
| Sweet Potato<br>Oatmeal Muffin (V) (H)                                                                                                | Breakfast Griddle<br>Sandwich (V) (H)<br><br>Breakfast Bar (V) (H)                                                        | Rise and Shine<br>Waffles (V) (H)<br>Cinnamon Apple<br>Topping (VE) (H) | Honey Corn<br>Muffin (V) (H)<br><br>Breakfast Bar (V) (H)                                  | Egg & Cheese<br>on a Bagel (V) (H)<br><br>Sweet Potato<br>Home Fries (VE) (H)               |
| 19                                                                                                                                    | 20                                                                                                                        | 21                                                                      | 22                                                                                         | 23                                                                                          |
| Apple Cinnamon<br>Muffin (V) (H)<br><br>Colby Jack<br>Cheese Stick (V) (H)                                                            | Egg & Cheese<br>on a<br>Buttermilk Biscuit (V) (H)<br><br>Breakfast Bar (V) (H)                                           | Buttermilk<br>Pancakes (V) (H)<br>Blueberry Topping (VE) (H)            | Banana Muffin (V) (H)<br><br>Breakfast Bar (V) (H)                                         | Breakfast Mozzarella<br>Quesadilla (V) (H)<br><br>Salsa (VE) (H)<br><br>Home Fries (VE) (H) |
| 26                                                                                                                                    | 27                                                                                                                        | 28                                                                      | 29                                                                                         | 30                                                                                          |
| Zucchini Carrot<br>Muffin (V) (H)                                                                                                     | Egg & Cheese<br>on a<br>Croissant (V) (H)<br><br>Breakfast Bar (V) (H)                                                    | Maple Pancakes (V) (H)<br>Warm Peach Topping (V) (H)                    | Apple Pie<br>Oatmeal (VE) (H)<br><br>Blueberry Muffin (V) (H)<br><br>Breakfast Bar (V) (H) | Caprese Egg Sandwich<br>on Ciabatta (V) (H)<br><br>Hashbrowns (VE) (H)                      |

**Milk**

1% Low-fat (V) (H)  
Fat Free (V) (H)  
Fat Free Chocolate (V) (H)  
Alternative options are  
available upon request

**Cold Cereal Choices**

Berry Toasted Oats (VE) (H)  
Blueberry Granola (VE) (H)  
Cereal with Oat  
Clusters (V) (H)  
Cinnamon Vanilla  
Granola (VE) (H)  
Honey Toasted Oats (V) (H)  
Toasted Oats (VE) (H)

**OFFERED DAILY**

Options may vary  
by location

Breakfast After the Bell  
Grab and Go (H)

Alternative Breakfast  
Grab and Go (H)  
(Cereal, Fruit and Milk)

**Seasonal Fresh Fruit**

Apples, Apple Slices,  
Bananas, Cantaloupe,  
Grapefruit, Grapes,  
Honeydew, Nectarines,  
Oranges, Pears,  
Plums, Strawberries,  
Watermelon (VE) (H)

OFNS has an extensive  
Prohibitive Ingredients List  
available at:



**ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

**O.F.N.S.**  
Office of Food & Nutrition Services

**THE FOOD ALLIANCE**

Menu subject to change.  
Our menus are pork free.