



Daily Breakfast Options

Cold Breakfast

Bagel & Cream Cheese

Rockland Bakery Bagel with Cream Cheese or Smart Balance Spread

Build Your Own Smoothie Bowl

Low-fat Vanilla Yogurt
flavors include: Blueberry Acai, Mango
Pineapple, Blueberry Peach,
Strawberry Peach, Strawberry Banana
Served with topping options including fruit
and organic granola (nut free)

Build Your Own Yogurt Parfait

*New York State Vanilla or Strawberry Yogurt,
Organic Honey Oat Granola, Assorted Fruit*

Grab & Go Breakfast Bag

*Assorted Breakfast Bars, Cereals, Muffins, Pop
Tarts, and Yogurt*

Hot Breakfast

Breakfast Sandwich

*Egg & Cheese with Turkey Sausage or Turkey
Bacon on a Kaiser Roll
*available without cheese**

Breakfast Plate

*Egg & Cheese with Turkey Sausage or Turkey
Bacon. Served with a Biscuit or English Muffin
*available without cheese**

Oatmeal

Rolled Oats with Orange Zest

Available with Every Breakfast Meal: fresh fruit, 100% fruit juice, 1% milk, fat free milk

**Breakfast & Lunch are served at NO CHARGE for students.
This institution is an equal opportunity provider.**