

Jewish Institute of Queens

Weekly Breakfast Menu 2021-2022

Monday	Tuesday	Wednesday	Thursday	Friday
Lowfat Milk / Nonfat Milk 1 cup Toasted Oats 1 oz. Yogurt 4 oz. Applesauce ½ cup. Orange Juice ½ cup	Lowfat Milk/ Nonfat Milk 1 cup Toasted Oats 1 oz. Hard Boiled Egg 2 oz Applesauce ½ cup Orange Juice ½ cup	Lowfat Milk / Nonfat Milk 1 cup Toasted Oats 1 oz. Yogurt 4 oz. Fruit Mix ½ cup. Apple Juice ½ cup	Lowfat Milk / Nonfat Milk 1 cup Toasted Oats 1 oz. Yogurt 4 oz. Tomatoes ½ cup Orange Juice ½ cup	Lowfat Milk / Nonfat Milk 1 cup Toasted Oats 1 oz. Hard Boiled Egg 2 oz Diced Pears ½ cup Apple Juice ½ cup