

SNAP of Eastern Queens Breakfast Menu - October 2022

October 2022							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
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2	3 Egg Omelet Bagel with Cream Cheese Greek Yogurt	4 Waffles with Syrup Veggie Sausage Patty Bran Flakes Cereal w/ Banana	5  (Yom Kippur)	6 Pancakes with Syrup Fiber One Cereal with Banana	7 Egg Whites English Muffin with Jelly Oatmeal with Raisins	8	
9	10 French Toast with Syrup Cream of Wheat Blueberries	11 Egg Whites Turkey Sausage Patty English Muffin with Jelly Honey Nut Cheerios	12 Pancakes with Syrup Oatmeal with Raisins	13 Scrambled Eggs Bagel with Cream Cheese Total Cereal with Banana	14 Waffles with Syrup Veggie Sausage Patty Bran Flakes Cereal with Banana	15	
16	17 Pancakes with Syrup Bran Flakes Cereal with Banana	18 Scrambled Eggs Bagel with Cream Cheese Greek Yogurt	19 Waffles with Syrup Veggie Sausage Patty Fiber One Cereal with Banana	20 Egg Whites English Muffin with Jelly Oatmeal	21 French Toast with Syrup Raisin Bran Cereal Tangerine	22	
23	24 French Toast with Syrup Oatmeal with Strawberries	25 Scrambled Eggs Home Fries Honey Nut Cheerios with Banana	26 Hard Boiled Eggs Bran Muffin Oatmeal Orange	27 Pancakes with Syrup Life Cereal with Banana	28 Egg Whites Bagel with Cream Cheese Yogurt with Fruit	29	
30	31 Greek Yogurt Bran Muffin Cheerios with Banana (Halloween)	SNAP of Eastern Queens Older Adult Center 80-45 Winchester Blvd. Bldg. 4, CBU 29 Queens Village, NY 11427 718-454-2100 Snapqueens.org				A Not-for-Profit agency funded under contract with the NYC Department for the Aging as part of the Older Americans Act Program	

