

# Breakfast Menu NOV

| Monday                               | Tuesday                                        | Wednesday<br>Pickup Day 10 - 12         | Thursday                        | Friday                            |
|--------------------------------------|------------------------------------------------|-----------------------------------------|---------------------------------|-----------------------------------|
| <b>2</b>                             | <b>3</b>                                       | <b>4</b>                                | <b>5</b>                        | <b>6</b>                          |
| Sunflower<br>Kernels<br>Apple Slices | School Closed                                  | Eggo French<br>Toast<br>½ Orange Slices | Egg & Cheese<br>Wrap<br>Raisins | Muffin<br>Peach Cup               |
| <b>9</b>                             | <b>10 Pickup</b>                               | <b>11 Closed</b>                        | <b>12</b>                       | <b>13</b>                         |
| Cinnamon Bun<br>Apple Slices         | NutriGrain Bar<br>Grapes                       | School Closed                           | Cold Cereal<br>Raisins          | Cherry Frudel<br>Peach Cup        |
| <b>16</b>                            | <b>17</b>                                      | <b>18</b>                               | <b>19</b>                       | <b>20</b>                         |
| Cereal Bar<br>Apple Slices           | Bagel and<br>Cream<br>Cheese & Jelly<br>Grapes | Yogurt<br>Poptart<br>½ Orange Slices    | Donuts<br>Raisins               | Rice Krispy<br>Treat<br>Peach Cup |
| <b>23</b>                            | <b>24</b>                                      | <b>25</b>                               | <b>26</b>                       | <b>27</b>                         |
| Sunflower<br>Kernels<br>Apple Slices | Goldfish<br>Cheese Stick<br>Grapes             | Eggo French<br>Toast<br>½ Orange Slices | School<br>Closed                | School<br>Closed                  |
| <b>30</b>                            |                                                |                                         |                                 |                                   |
| Cinnamon Bun<br>Apple Slices         |                                                |                                         |                                 |                                   |

\*Menu Subject to Change\*

Every Breakfast comes with 1% Milk (8 oz.) and 100% Fruit Juice (4 oz.)

Nutrition Services Office 267-270-4044 ext. 1194 Brian Watts, Nutrition Coordinator