

November Breakfast



SERVED WITH CHOICE

of

MILK

ALL GRAINS ARE WHOLE
GRAIN RICH

Peanuts!!
 Pork* Beef#
 Whey= Soy\$
 Corn> Wheat+
 Milk@ Gluten^
 Eggs% Fish~

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ch Chip Breakfast Bar ^+@% 2 oz G Seasonal Fresh Fruit 1/2 cup F Milk @	2 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	3 Bagel ^+2 oz G Cream Cheese @ .5oz M Seasonal Fresh Fruit 1/2 cup F Milk @	4 Breakfast Apple Bar @\$^+ 2oz G Seasonal Fresh Fruit 1/2 cup F Milk @	5 Muffin Top ^+ 2oz G Seasonal Fresh Fruit 1/2 cup F Milk @
8 Apple Cinnamon Mini Muffin ^+% 2oz G Yogurt @ 4 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	9 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	10 Granola Bar ^+ 1oz G Yogurt @ 4 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	11 NO SCHOOL	12 Ch Chip Breakfast Bar ^+@% 2 oz G Seasonal Fresh Fruit 1/2 cup F Milk @
15 Bagel ^+2 oz G Cream Cheese @ .5oz M Seasonal Fresh Fruit 1/2 cup F Milk @	16 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	17 Apple Cinnamon Mini Muffin ^+ 2oz G Yogurt @ 4 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	18 Muffin Top ^+ 2oz G Seasonal Fresh Fruit 1/2 cup F Milk @	19 Granola Bar ^+ 1oz G Yogurt @ 4 oz M Seasonal Fresh Fruit 1/2 cup F Milk @
22 Ch Chip Breakfast Bar 2 oz G Seasonal Fresh Fruit 1/2 cup F Milk @	23 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL
29 Ch Chip Breakfast Bar 2 oz G Seasonal Fresh Fruit 1/2 cup F Milk @	30 Cereal w/String Cheese ^+@ 1 oz G 1 oz M Seasonal Fresh Fruit 1/2 cup F Milk @			