

NOVEMBER 2018

HOT BREAKFAST MENU GRADES 6-12

Allergen & Carbohydrate Information



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| | | | <p>1</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p> | <p>2</p> <p>Warm Whole Grain Oatmeal 19 WSM Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p> |
| <p>5</p> <p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p> | <p>6</p> <p>PROFESSIONAL DEVELOPMENT NO SCHOOL</p> | <p>7</p> <p>Mini Whole Grain Blueberry Pancakes, 31 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p> | <p>8</p> <p>Stuffed Whole Grain Croissant with Turkey Ham, Egg and Cheese 33 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p> | <p>9</p> <p>Warm Whole Grain Cheese Grits 19 SM Scrambled Eggs 0 SME Turkey Bacon Strips 0 Fruit Choice 15 Milk Choice 13, 25, 22 M</p> |
| <p>12</p> <p>VETERANS DAY NO SCHOOL</p> | <p>13</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p> | <p>14</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME Hash Brown Rounds 16 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p> | <p>15</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p> | <p>16</p> <p>Warm Whole Grain Oatmeal 19 WSM Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5 Scrambled Eggs 0 SME Turkey Sausage Links 1 Fruit Choice 15 Milk Choice 13, 25, 22 M</p> |

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| <p style="text-align: right;">19</p> <p>Turkey Bacon, Egg and Cheese Whole Grain "Breakfast Pizza" 25 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p> | <p style="text-align: right;">20</p> <p>Mini Whole Grain Maple Waffles 38 WSME, with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p> | <p style="text-align: right;">21</p> <p style="text-align: center;">EARLY RELEASE NO HOT BREAKFAST</p> | <p style="text-align: right;">22</p> <p style="text-align: center;">THANKSGIVING RECESS</p> | <p style="text-align: right;">23</p> <p style="text-align: center;">THANKSGIVING RECESS</p> |
| <p style="text-align: right;">26</p> <p>Whole Grain Glazed Cinnamon French Toast 28 WSE with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 20 M</p> | <p style="text-align: right;">27</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla 14 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p> | <p style="text-align: right;">28</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin 26 WSME</p> <p>Hash Brown Rounds 16 S</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p> | <p style="text-align: right;">29</p> <p>Mini Whole Grain Maple Pancakes, 40 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p> | <p style="text-align: right;">30</p> <p>Warm Whole Grain Oatmeal 19 WSM</p> <p>Whole Grain Pancakes 28 WSME with Syrup 25 Sugar Free Syrup 5</p> <p>Scrambled Eggs 0 SME</p> <p>Turkey Sausage Links 1</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p> |

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg

Grams of Carbohydrate are indicated by the number following the menu item

We serve reduced sugar and whole grains every day!

All juices are 100% fruit juice with no added sugar!

Breakfast is offered EVERY morning!

Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!

Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution