

NOVEMBER 2018

HOT BREAKFAST MENU GRADES 6-12



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Mini Whole Grain Maple Pancakes, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>5</p> <p>Whole Grain Oatmeal Whole Grain Pancakes with Syrup Scrambled Eggs Turkey Sausage Fruit Choice Milk Choice</p>
<p>5</p> <p>Mini Whole Grain Maple Waffles, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>6</p> <p>PROFESSIONAL DEVELOPMENT</p> <p>NO SCHOOL</p>	<p>7</p> <p>Mini Whole Grain Blueberry Pancakes, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>8</p> <p>Stuffed Whole Grain Croissant with Turkey Ham, Egg, and Cheese</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>9</p> <p>Warm Whole Grain Cheese Grits Scrambled Eggs Turkey Bacon Fruit Choice Milk Choice</p>
<p>12</p> <p>VETERANS DAY</p> <p>NO SCHOOL</p>	<p>13</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>14</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin</p> <p>Hash Brown Rounds</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>15</p> <p>Mini Whole Grain Maple Pancakes, with Syrup</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>16</p> <p>Whole Grain Oatmeal Whole Grain Pancakes with Syrup Scrambled Eggs Turkey Sausage Fruit Choice Milk Choice</p>

<p style="text-align: right;">19</p> <p>Turkey Bacon, and Egg Whole Grain "Breakfast Pizza"</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">20</p> <p>Mini Whole Grain Maple Waffles, with Syrup</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">21</p> <p>EARLY RELEASE NO HOT BREAKFAST</p>	<p style="text-align: right;">22</p> <p>THANKSGIVING RECESS</p>	<p style="text-align: right;">23</p> <p>THANKSGIVING RECESS</p>
<p style="text-align: right;">26</p> <p>Whole Grain Glazed Cinnamon French Toast with Syrup</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">27</p> <p>Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">28</p> <p>Egg and Cheese Sandwich on a Whole Grain English Muffin</p> <p>Hash Brown Rounds</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">29</p> <p>Mini Whole Grain Maple Pancakes, with Syrup</p> <p>Fruit Choice Milk Choice</p>	<p style="text-align: right;">30</p> <p>Whole Grain Oatmeal Whole Grain Pancakes with Syrup Scrambled Eggs Turkey Sausage Fruit Choice Milk Choice</p>

We serve reduced sugar and whole grains every day!

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

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

Breakfast is offered EVERY morning!

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

This Is An Equal Opportunity Institution