

# NOVEMBER

## BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	<p>Multigrain Cheerios Whole Grain Elf Grahams Craisins Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p><b>EARLY RELEASE</b> Whole Mini Blueberry Loaf All Sports Bites Applesauce Fruit Choice Milk Choice</p>	<p>Low Fat Fruited Yogurt Whole Grain Granola Apple Slices Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p>Honey Scooters Whole Grain Pretzel Goldfish Craisins Fruit Choice Milk Choice</p>
7	8	9	10	11
<p>Whole Grain Rice Chex OR Rice Krispies Whole Grain All Sports Bites Craisins Fruit Choice Milk Choice</p>	<p><b>PROFESSIONAL LEARNING NO SCHOOL</b></p>	<p><b>Elementary Schools:</b> Fruit &amp; Yogurt Smoothie Whole Grain Cinnamon Goldfish Grahams <b>High Schools:</b> Whole Grain Blueberry Bread, Applesauce Fruit Choice Milk Choice</p>	<p>Whole Grain Reduced Sugar Cinnamon Toast Crunch Whole Grain Elf Grahams Craisins Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p><b>Veterans' Day Schools Closed</b></p>
14	15	16	17	18
<p>Whole Grain Muffin Low Fat Cheese Stick 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>Multigrain Cheerios Whole Grain Elf Grahams Craisins Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p><b>EARLY RELEASE</b> Whole Grain Apple Cinnamon Bread Applesauce Fruit Choice Milk Choice</p>	<p>Low Fat Fruited Yogurt Whole Grain Granola Apple Slices Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p>Honey Scooters Whole Grain Pretzel Goldfish Craisins Fruit Choice Milk Choice</p>

<p style="text-align: center;"><b>21</b></p> <p>Whole Grain Rice Chex OR Rice Krispies Whole Grain All Sports Bites Craisins Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>22</b></p> <p>Whole Grain Cinnamon Roll Applesauce Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p style="text-align: center;"><b>23</b></p> <p><b>EARLY RELEASE</b> <b>Elementary Schools:</b> Fruit &amp; Yogurt Smoothie Whole Grain Cinnamon Goldfish Grahams <b>High Schools:</b> Whole Grain Blueberry Bread, Applesauce Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>24</b></p> <p style="text-align: center;"><i><b>Thanksgiving Recess</b></i></p>	<p style="text-align: center;"><b>25</b></p> <p style="text-align: center;"><i><b>Thanksgiving Recess</b></i></p>
<p style="text-align: center;"><b>28</b></p> <p>Whole Grain Muffin Low Fat Cheese Stick 100% Fruit Juice Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>29</b></p> <p>Multigrain Cheerios Whole Grain Elf Grahams Craisins Fruit Choice Milk Choice OR Hot Breakfast Choice</p>	<p style="text-align: center;"><b>30</b></p> <p>Whole Grain Apple Cinnamon Loaf Applesauce Fruit Choice Milk Choice</p>		

**Breakfast is offered EVERY morning in EVERY School!**

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



**This Is An Equal Opportunity Institution**

**We serve reduced sugar and whole grains every day!**  
**All juices are 100% fruit juice with no added sugar!**  
**Every Breakfast comes with your choice of milk and fruit!**

*Although we make every effort to*