



Breakfast November 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Fuel for You Meal Kit Raisins Milk	2 Oatmeal Muffins Peaches Milk	3 Breakfast Pizza Oatmeal Bar Pears Milk	4 Menus subject to change.
5 Fat Free Milk (Unflavored/ Flavored) & 1% offered daily.	6 Fuel for You Meal Kit Peach Cup Milk	7 Egg & Cheese Muffin Fruit Mix OJ Pineapple Cup Milk	8 Fruit & Yogurt Parfait Muffins Applesauce Milk	9 Fuel for You Meal Kit Pineapple Cup Milk	10 Pancakes String Cheese Pears OJ Milk	11
12 <i>Salad Bar could include 1 cup spinach/ romaine and other lettuce; 2 meat/ equivalent meat, cheese or eggs; 1/2 cup tomatoes, peppers, carrots, broccoli, cauliflower, celery and/ or peas, 1 cup fruit; slice bread.</i>	13 Yogurt Cup Muffins Peaches Milk	14 Fuel for You Meal Kit Pineapple Cup Milk	15 Oatmeal Cinni minis Apple Slices Milk	16 Breakfast on a Stick Muffins Fruit Mix Milk	17 Fuel for You Meal Kit Raisins Milk	18
19	20 Waffles String Cheese Pineapple Milk	21 Fuel for You Meal Kit Peach Cup Milk	22 No School	23 No School <i>Happy Thanksgiving</i>	24 No School	25
26	27 Fuel for You Meal Kit Mandarin Oranges Milk	28 Breakfast Pizza Muffins Apple Slices Milk	29 Fruit & Yogurt Parfait Oatmeal Bar Milk	30 Oatmeal Yogurt OJ Pineapple Milk		