

November 2016

Type Your School Name Here

BREAKFAST

We have the right to substitute items without notice.

Breakfast - \$1.50, Reduced \$.30

Lunch - \$2.65, Reduced \$.40

This menu may contain peanuts or nut products



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Choice of Cereal **1**
Cheese Omelet
Fruit/Fruit Juice
Milk

Choice of Cereal **2**
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

Choice of Cereal **3**
Cinnamon Rolls
Fruit/Fruit Juice
Milk

Breakfast Buffet **4**
Manager's Choice
Fruit/Fruit Juice
Milk

Choice of Cereal **7**
Fruodels
Fruit/Fruit Juice
Milk

Choice of Cereal **8**
Scrambled Eggs n' Ham
Fruit/Fruit Juice
Milk

Choice of Cereal **9**
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

Choice of Cereal **10**
Cinnamon Glazed Toast
Fruit/Fruit Juice
Milk

11
Not in Attendance
In Observance of
Veteran's Day

Choice of Cereal **14**
Mel-o-Cream Doughnuts
Fruit/Fruit Juice
Milk

Choice of Cereal **15**
Sausage Biscuit w/ cheese
Fruit/Fruit Juice
Milk

Choice of Cereal **16**
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

Breakfast Buffet **17**
Manager's Choice
Fruit/Fruit Juice
Milk

Choice of Cereal **18**
Cinnamon Rolls
Fruit/Fruit Juice
Milk

Choice of Cereal **21**
Breakfast Pizza
Fruit/Fruit Juice
Milk

Choice of Cereal **22**
Cinnamon Glazed Toast
Fruit/Fruit Juice
Milk

23
Not in Attendance
Due to
Thanksgiving Break

24
Not in Attendance
In Observance of
Thanksgiving Day

25
Not in Attendance
Due to
Thanksgiving Break

Choice of Cereal **28**
Breakfast Wrap
Fruit/Fruit Juice
Milk

Choice of Cereal **29**
Mini Sausage Bites
Fruit/Fruit Juice
Milk

Choice of Cereal **30**
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

