



Director of Food & Nutrition

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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
2 French Toast Mini Choc Chip Pull Apart Donut Flower	3 Egg Cheese & Sausage Pizza Mini Powdered Sugar Donuts	4 Waffle Mini Maple Mini Cinni	5 Breakfast Egg & Cheese Taco WG Cinnamon Roll	6 NO SCHOOL Parent Teacher Conferences
9 Mini Cinnamon Waffles Goody Ring	10 Breakfast Sausage Pizza Mini Chocolate Donuts	11 Egg, Cheese & Bacon on a Bagel Goody Bun  VETERANS DAY	12 Breakfast Chicken on a Biscuit WG Cinnamon Roll	13 Apple Frudel Chocolate Chip Muffin
16 Strawberry Pancake Puff Goody Ring	17 Breakfast Sausage Pizza Mini Chocolate Donuts	18 Iced Donut w/ Sprinkles Goody Bun	19 Sausage, Egg, Cheese Bagel WG Cinnamon Roll	20 Egg, Cheese, Bacon on a English Muffin Banana Muffin
Daily Milk Options: Fat Free Chocolate, 1% & Whole White Milk				



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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
<div>23</div> <div>French Toast Sticks</div> <div>Pull Apart Flower Donut</div>	<div>24</div> <div>Breakfast Sausage Pizza</div> <div>Mini Powdered Sugar Donuts</div>	<div>25</div> <div></div> <div>Breakfast Dunkers</div> <div>Mini Cinni</div>	<div>26</div> <div>NO SCHOOL</div> <div></div>	<div>27</div> <div>NO SCHOOL</div> <div></div>
<div>30</div> <div>NO SCHOOL</div>	<div><div><div>Daily Offerings</div><ul style="list-style-type: none">Cereal w/ Belly BearsPoptart w/ Belly BearsYogurt Cup & String CheeseBenefit BarUncrustableFresh Fruit100% Fruit Juice</div><div><div>Fruit Options</div><div>May choose 2 - ½ cup servings</div><div>Crisp Apple, Banana, Fresh Orange, Fresh Apple Slices, Applesauce, Raisins, Craisins, Sliced Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin Oranges, Diced Pears, 100% Juice</div></div></div>			
<div><div></div><div><div>WHAT MAKES A BREAKFAST?</div><div>You must choose at least 3 of the 4 components.</div><div>Choice of 2 whole grains, 1 whole grain and 1 meat/meat alternate, or 2 meat/meat alternates.</div><div>Choice of 2 fruits and Choice of low-fat milk.</div><div>*½ c serving of fruits or vegetables must be one of the 3 components</div></div><div><div>Let someone know you're thankful for them.</div><div>Breakfast and Lunch is Free for Students</div><div>Ex. Student Bfast Sand or Pizza \$1.50/ Adult Breakfast \$3.05</div></div></div>				
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