


October/November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/29 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	10/30 Choose One Egg/Cheese and Salsa Wrap (38g) Peanut Butter & Jelly Graham (30g)	10/31 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (32g) Apple Blueberry Chip Bar (48g)	11/1 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	11/2 Choose One Grape-Filled Crescent Roll (35g) Peanut Butter & Jelly Graham (30g)
11/5 Choose One Cinnabar (45g) Peanut Butter & Jelly Graham (30g)	11/6 NO SCHOOL	11/7 Choose One Turkey Sausage & Cheese Pancake Sandwich (31g) Apple Blueberry Chip Bar (48g)	11/8 Choose One Yogurt Parfait (63-78g) Peanut Butter & Jelly Graham (30g)	11/9 Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)
11/12 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	11/13 Choose One Egg/Cheese and Salsa Wrap (38g) Peanut Butter & Jelly Graham (30g)	11/14 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (32g) Apple Blueberry Chip Bar (48g)	11/15 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	11/16 Choose One Grape-Filled Crescent Roll (35g) Peanut Butter & Jelly Graham (30g)
11/19 Choose One Cinnabar (45g) Peanut Butter & Jelly Graham (30g)	11/20 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)	11/21 NO SCHOOL	11/22 NO SCHOOL 	11/23 NO SCHOOL
NO PORK PRODUCTS OFFERED. NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.	This institution is an equal opportunity provider. Menu is subject to change. Rev 10/1/2018	A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g), Dragon punch (fruit & vegetable juice 13g), orange juice (14g), and apple juice (14g), are offered daily with breakfast. CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereals (20-27g) Cheese Stick (1g) Cinnamon Roll (20g) Graham Cracker (19g) Hard Boiled Egg (1g) Muffins (26-28g) Honey Roasted Sunflower Seeds (11g) Yogurt (14-16g)		