



**GRADES 6-12 BREAKFAST MENU**

**November/December 2018**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>11/26 Choose One</b>            French Toast Sticks (57g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>11/27 Choose One</b>            Turkey Ham/Egg/Cheese Croissant (29g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>11/28 Choose One</b>            Turkey Sausage, Egg, &amp; Cheese Pancake Sandwich (32g)            Apple Blueberry Chip Bar (48g)</p>	<p><b>11/29 Choose One</b>            Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>11/30 Choose One</b>            Grape-Filled Crescent Roll (35g)            Peanut Butter &amp; Jelly Graham (30g)</p>
<p><b>12/3 Choose One</b>            Cinnabar (45g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>12/4 Choose One</b>            Egg &amp; Cheese Croissant (28g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>12/5 Choose One</b>            Turkey Sausage &amp; Cheese Pancake Sandwich (31g)            Apple Blueberry Chip Bar (48g)</p>	<p><b>12/6 Choose One</b>            Yogurt Parfait (63-78g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>12/7 Choose One</b>            Assorted Pancakes (36-40g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p><b>12/10 Choose One</b>            French Toast Sticks (57g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>12/11 Choose One</b>            Turkey Ham/Egg/Cheese Croissant (29g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>12/12 Choose One</b>            Turkey Sausage, Egg, &amp; Cheese Pancake Sandwich (32g)            Apple Blueberry Chip Bar (48g)</p>	<p><b>12/13 Choose One</b>            Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>12/14 Choose One</b>            Grape-Filled Crescent Roll (35g)            Peanut Butter &amp; Jelly Graham (30g)</p>
<p><b>12/17 Choose One</b>            Cinnabar (45g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>12/18 Choose One</b>            Egg &amp; Cheese Croissant (28g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>	<p><b>12/19 Choose One</b>            Turkey Sausage &amp; Cheese Pancake Sandwich (31g)            Apple Blueberry Chip Bar (48g)</p>	<p><b>12/20 Choose One</b>            Yogurt Parfait (63-78g)            Peanut Butter &amp; Jelly Graham (30g)</p>	<p><b>12/21 Choose One</b>            Assorted Pancakes (36-40g)            Assorted Bagel (29-35g)/Cream Cheese (2g) or Peanut Butter (6g)</p>
<p>NO PORK PRODUCTS OFFERED.</p> <p>NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.</p>	<p>This institution is an equal opportunity provider.</p> <p>Menu is subject to change.</p> <p>Rev 10/26/2018</p>	<p>A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g), Dragon punch (fruit &amp; vegetable juice 13g), orange juice (14g), and apple juice (14g), are offered daily with breakfast.</p> <p><b>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:</b></p> <ul style="list-style-type: none"> <li>Assorted Cereals (20-27g)</li> <li>Cheese Stick (1g)</li> <li>Cinnamon Roll (20g)</li> <li>Graham Cracker (19g)</li> <li>Hard Boiled Egg (1g)</li> <li>Muffins (26-28g)</li> <li>Honey Roasted Sunflower Seeds (11g)</li> <li>Yogurt (14-16g)</li> </ul>		