



# GRADES K-8 BREAKFAST MENU

## October/November 2019



MONDAY	TUESDAY	Lean & Green Wednesday	THURSDAY	FRIDAY
<b>10/28 Choose One</b> French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>10/29 Choose One</b> Turkey Ham/Egg/Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>10/30 Choose One</b> Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g)	<b>10/31 Choose One</b> Turkey Sausage, Egg, & Cheese Pancake Sandwich (33g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/1 Choose One</b> Egg & Cheese Calzone (42g) Assorted Bagel (29-35g)/Cream Cheese (2g)
<b>11/4 Choose One</b> Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/5</b>  <b>NO SCHOOL</b>	<b>11/6 Choose One</b> Yogurt Parfait (63-78g) Cinnamon Toast Crunch Cheese Filled Bar (40g)	<b>11/7 Choose One</b> Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/8 Choose One</b> Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)
<b>11/11 Choose One</b> French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/12 Choose One</b> Turkey Ham/Egg/Cheese Croissant (30g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/13 Choose One</b> Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g)	<b>11/14 Choose One</b> Turkey Sausage, Egg, & Cheese Pancake Sandwich (33g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/15 Choose One</b> Egg & Cheese Calzone (42g) Assorted Bagel (29-35g)/Cream Cheese (2g)
<b>11/18 Choose One</b> Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/19 Choose One</b> Egg & Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/20 Choose One</b> Yogurt Parfait (63-78g) Cinnamon Toast Crunch Cheese Filled Bar (40g)	<b>11/21 Choose One</b> Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/22 Choose One</b> Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)
NO PORK OR NUT PRODUCTS OFFERED.  NUTRIENT AND INGREDIENT CONTENT AVAILABLE UPON REQUEST.	This institution is an equal opportunity provider, employer, and lender.  Menu is subject to change. Rev 9/13/19	A variety of fresh fruits, choice of 1% low fat white milk (13g), skim chocolate milk (24g), orange juice (14g), and apple juice (14g), are offered daily with breakfast.  <b>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST:</b> Assorted Cereals (20-28g) Cinnamon Roll (20g) Hard Boiled Egg (1g) Yogurt (14g) Cheese Stick (1g) Graham Cracker (19g) Muffins (26-29g)		