




**October/November 2018**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>10/29 Choose One</b> French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>10/30 Choose One</b> Egg/Cheese and Salsa Wrap (38g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>10/31 Choose One</b> Turkey Sausage, Egg, & Cheese Pancake Sandwich (32g) Apple Blueberry Chip Bar (48g)	<b>11/1 Choose One</b> Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/2 Choose One</b> Grape-Filled Crescent Roll (35g) Assorted Bagel (29-35g)/Cream Cheese (2g)
<b>11/5 Choose One</b> Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/6</b>  <b>NO SCHOOL</b>	<b>11/7 Choose One</b> Turkey Sausage & Cheese Pancake Sandwich (31g) Apple Blueberry Chip Bar (48g)	<b>11/8 Choose One</b> Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/9 Choose One</b> Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)
<b>11/12 Choose One</b> French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/13 Choose One</b> Egg/Cheese and Salsa Wrap (38g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/14 Choose One</b> Turkey Sausage, Egg, & Cheese Pancake Sandwich (32g) Apple Blueberry Chip Bar (48g)	<b>11/15 Choose One</b> Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/16</b> Grape-Filled Crescent Roll (35g) Assorted Bagel (29-35g)/Cream Cheese (2g)
<b>11/19 Choose One</b> Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/20 Choose One</b> Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)	<b>11/21</b>  <b>NO SCHOOL</b>	<b>11/22</b>  <b>NO SCHOOL</b>  	<b>11/23</b>  <b>NO SCHOOL</b>
NO PORK OR NUT 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), orange juice (14g), and apple juice (14g), are offered daily with breakfast.  <b>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING</b> AT BREAKFAST: Assorted Cereals (20-27g) Cheese Stick (1g) Cinnamon Roll (20g) Graham Cracker (19g) Hard Boiled Egg (1g) Muffins (26-28g) Yogurt (14-16g)		