



November/December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11/26 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>11/27 Choose One Turkey Ham/Egg/Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>11/28 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (32g) Apple Blueberry Chip Bar (48g)</p>	<p>11/29 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>11/30 Choose One Grape-Filled Crescent Roll (35g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>12/3 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/4 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/5 Choose One Turkey Sausage & Cheese Pancake Sandwich (31g) Apple Blueberry Chip Bar (48g)</p>	<p>12/6 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/7 Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>12/10 Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/11 Choose One Turkey Ham/Egg/Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/12 Choose One Turkey Sausage, Egg, & Cheese Pancake Sandwich (32g) Apple Blueberry Chip Bar (48g)</p>	<p>12/13 Choose One Apple (36g) or Cherry (37g) Frudel Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/14 Choose One Grape-Filled Crescent Roll (35g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>12/17 Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/18 Choose One Egg & Cheese Croissant (28g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/19 Choose One Turkey Sausage & Cheese Pancake Sandwich (31g) Apple Blueberry Chip Bar (48g)</p>	<p>12/20 Choose One Yogurt Parfait (63-78g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>	<p>12/21 Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)</p>
<p>NO PORK OR NUT 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), orange juice (14g), and apple juice (14g), are offered daily with breakfast.</p> <p>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) Yogurt (14-16g)</p>		