

OCTOBER/NOVEMBER 2021

MONDAY 10/18	TUESDAY 10/19	Lean & Green Wed 10/20	THURSDAY 10/21	FRIDAY 10/22
Choose One	Choose One	Choose One	Choose One	Choose One
French Toast Sticks (57g)	Turkey Canadian			
, 0,	Bacon/Cheese Croissant	Apple (36g) or Cherry	Cinnabar (45g)	Turkey Sausage & Cheese on
Assorted Bagel (29-	-	(37g) Frudel	Assorted Bagel (29-35g)/Cream	Biscuit (29g)
35g)/Cream Cheese (2g)	(29g)	Cinnamon Toast Crunch	Cheese (2g)	Assorted Bagel (29-
	Assorted Bagel (29-	Cheese Filled Bar (40g)		35g)/Cream Cheese (2g)
	35g)/Cream Cheese (2g)	Lean & Green Wed 10/27		
MONDAY 10/25	TUESDAY 10/26	Lean & Green Wed 10/27	THURSDAY 10/28	FRIDAY 10/29
Choose One	<u>Choose One</u>		<u>Choose One</u>	<u>Choose One</u>
Cinnabar (45g)	Turkey Canadian		Turkey Sausage & Cheese on	Assorted Pancakes (36-40g)
Assorted Bagel (29-	Bacon/Cheese Croissant	NO SCHOOL	Biscuit (29g)	Assorted Bagel (29-
35g)/Cream Cheese (2g)	(29g)	NO SCHOOL	Assorted Bagel (29-35g)/Cream	35g)/Cream Cheese (2g)
	Assorted Bagel (29-		Cheese (2g)	
	35g)/Cream Cheese (2g)			
MONDAY 11/1	TUESDAY 11/2	Lean & Green Wed 11/3	THURSDAY 11/4	FRIDAY 11/5
Choose One		Choose One	Choose One	Choose One
French Toast Sticks (57g)	NO SCHOOL	Apple (36g) or Cherry	Cinnabar (45g)	Turkey Sausage & Cheese on
Assorted Bagel (29-	NO SCHOOL	(37g) Frudel	Assorted Bagel (29-35g)/Cream	Biscuit (29g)
35g)/Cream Cheese (2g)		Cinnamon Toast Crunch	Cheese (2g)	Assorted Bagel (29-
		Cheese Filled Bar (40g)		35g)/Cream Cheese (2g)
MONDAY 11/8	TUESDAY 11/9	Lean & Green Wed 11/10	THURSDAY 11/11	FRIDAY 11/12
Choose One	Choose One	Choose One	Choose One	Choose One
Cinnabar (45g)	Turkey Canadian Bacon /Cheese	French Toast Sticks (57g)	Turkey Sausage & Cheese on	Assorted Pancakes (36-40g)
Assorted Bagel (29-	Croissant (29g)	Cinnamon Toast Crunch	Biscuit (29g)	Assorted Bagel (29-
35g)/Cream Cheese (2g)	Assorted Bagel (29-35g)/Cream	Cheese Filled Bar (40g)	Assorted Bagel (29-35g)/Cream	35g)/Cream Cheese (2g)
	Cheese (2g)		Cheese (2g)	
NO PORK PRODUCTS	This institution is an equal	A variety of fresh fruits to eat. Choice of 1% low fat white milk (13g), skim chocolate milk (22g),		
		orange juice (14g), and apple juice (14g), are offered daily with breakfast.		
OFFERED.	opportunity provider,			
OFFERED. NUTRIENT AND	opportunity provider, employer, and lender.	CHOOSE ONE MAIN	N ENTRÉE OR CHOOSE TWO OF THE FOL	LOWING AT BREAKFAST:
		CHOOSE ONE MAIN Assorted Cereals (20-24g)	N ENTRÉE OR CHOOSE TWO OF THE FOL Chee	LOWING AT BREAKFAST: se Stick (1g)
NUTRIENT AND	employer, and lender.	CHOOSE ONE MAIN Assorted Cereals (20-24g) Graham Cracker (19g)	N ENTRÉE OR CHOOSE TWO OF THE FOL Chee Muf	LOWING AT BREAKFAST: se Stick (1g) fins (26-29g)
NUTRIENT AND INGREDIENT CONTENT		CHOOSE ONE MAIN Assorted Cereals (20-24g)	N ENTRÉE OR CHOOSE TWO OF THE FOL Chee Muf Yogu	LOWING AT BREAKFAST: se Stick (1g)