



GRADES 6-12 BREAKFAST MENU

OCTOBER/NOVEMBER 2021

Breakfast

MONDAY 10/18	TUESDAY 10/19	Lean & Green Wed 10/20	THURSDAY 10/21	FRIDAY 10/22
Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Turkey Canadian Bacon/Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g)	Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)
MONDAY 10/25	TUESDAY 10/26	Lean & Green Wed 10/27	THURSDAY 10/28	FRIDAY 10/29
Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Turkey Canadian Bacon/Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	NO SCHOOL	Choose One Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)
MONDAY 11/1	TUESDAY 11/2	Lean & Green Wed 11/3	THURSDAY 11/4	FRIDAY 11/5
Choose One French Toast Sticks (57g) Assorted Bagel (29-35g)/Cream Cheese (2g)	NO SCHOOL	Choose One Apple (36g) or Cherry (37g) Frudel Cinnamon Toast Crunch Cheese Filled Bar (40g)	Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)
MONDAY 11/8	TUESDAY 11/9	Lean & Green Wed 11/10	THURSDAY 11/11	FRIDAY 11/12
Choose One Cinnabar (45g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Turkey Canadian Bacon /Cheese Croissant (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One French Toast Sticks (57g) Cinnamon Toast Crunch Cheese Filled Bar (40g)	Choose One Turkey Sausage & Cheese on Biscuit (29g) Assorted Bagel (29-35g)/Cream Cheese (2g)	Choose One Assorted Pancakes (36-40g) Assorted Bagel (29-35g)/Cream Cheese (2g)
NO PORK 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 10/14/2021	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. CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereals (20-24g) Graham Cracker (19g) Hard Boiled Egg (1g) Honey Roasted Sunflower Seeds (11g)		