



**ELEMENTARY GRADES PreK-6  
October/November 2019 BREAKFAST MENU**

MONDAY	TUESDAY	LEAN AND GREEN WEDNESDAY	THURSDAY	FRIDAY
10/28 Cinnamon Toast Crunch Cheese-Filled Bar (40g) <>	10/29 Turkey Sausage Breakfast Pizza (22g)	10/30 Confetti Pancakes (36g) <>	10/31 Cinnamon French Toast (37g) <>	11/1 Strawberry Pancakes (40g) <>
11/4 Sweet Potato Swirl Roll (33g) <>	11/5 NO SCHOOL	11/6 Mini Cinnis (39g) <>	11/7 Turkey Sausage Pancake Wrap (17g) †	11/8 Blueberry Waffles (36g) <>
11/11 Cinnamon Toast Crunch Cheese-Filled Bar (40g) <>	11/12 Turkey Sausage Breakfast Pizza (22g)	11/13 Confetti Pancakes (36g) <>	11/14 Cinnamon French Toast (37g) <>	11/15 Strawberry Pancakes (40g) <>
11/18 Sweet Potato Swirl Roll (33g) <>	11/19 Maple Pancakes (38g) <>	11/20 Mini Cinnis (39g) <>	11/21 Turkey Sausage Pancake Wrap (17g) †	11/22 Blueberry Waffles (36g) <>
<p><b><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:</u></b>            Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g)            Orange juice (14g) and apple juice (14g) are offered at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch.  <u>A complete breakfast and lunch are FREE to every student!!</u></p>		<p align="center">Grams of carbohydrate for each food are listed as (g).            † Dairy-free entrée            &lt;&gt; Plant-based entrée            Pork, seafood, and nut-containing products are not offered.            Menu is subject to change.            This institution is an equal opportunity provider, employer, and lender.</p>		

Revised 9/12/2019

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