

# November 2019

## Elementary School

### BREAKFAST

Breakfast consists of 4 components of which students must select 3 items. Including one serving of fruit/ fruit juice.

Choice of fat free chocolate or 1% white milk also included with each meal.



#### Monday



#### Tuesday

#### Wednesday

#### Thursday

#### Friday

Cold Cereal/ Crackers  
Bagel/ Cream Cheese  
Fresh/ Canned Fruit  
Fruit Juice

4

Breakfast Pizza  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

5

The Max Pancake  
Mini WG Donuts  
Fresh/ Canned Fruit  
Fruit Juice

6

Sunrise Wrap  
Potato Triangle  
Chocolate Chip Muffin  
Fresh/ Canned Fruit  
Fruit Juice

7

Dutch Waffle  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

8

Yogurt/ Breakfast Bar  
Belgian Waffle and Sausage  
Patty  
Fresh/ Canned Fruit  
Fruit Juice

11

Breakfast Pizza  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

12

Maple Seasoned Sausage  
Pancake Sandwich  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

13

Pop-tart w/ Cracker  
Pancake on a Stick  
Fresh/ Canned Fruit  
Fruit Juice

14

Sausage/ Egg Pattie o  
English Muffin Pop-tart w/  
Cracker  
Fresh/ Canned Fruit  
Fruit Juice

15

Cold Cereal/ Crackers  
Bagel/ Cream Cheese  
Fresh/ Canned Fruit  
Fruit Juice

18

Breakfast Pizza  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

19

The Max Pancake  
Mini WG Donuts  
Fresh/ Canned Fruit  
Fruit Juice

20

Dutch Waffle  
Cold Cereal/ Crackers  
Fresh/ Canned Fruit  
Fruit Juice

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Thanksgiving Break Begins

22



The cafeteria reserves the right to make menu substitutions as necessary

The USDA and the CDE are equal opportunity providers and employers.