

# RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY



## Breakfast in the Café Menu

November 2015

All breakfasts are FREE. Full student breakfast includes choice of entrée, two fruit choices and choice of 1% or skim milk. If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2	Nov 3	Nov 4	Nov 5	Nov 6
Whole Grain Bagel w/ Reduced Fat Cream Cheese  100% Fruit Punch	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin  String Cheese  Fresh Orange	Chicken Sausage on Whole Grain Bagel  Fresh Local Apple	Yogurt Cup  Graham Crackers  Pear Sauce	Whole Grain Pancakes w/ Jelly  Fresh Banana
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Whole Grain Waffles w/Syrup  100% Fruit Punch	Turkey Sausage on Whole Grain English Muffin  Fresh Orange	No School  VETERANS DAY HONORING ALL WHO SERVED	Whole Grain Cinnamon Biscuit  Pear Sauce	Chicken Sausage on Whole Grain Bagel  Fresh Banana
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Whole Grain Pancakes w/Syrup  100% Fruit Punch	Whole Grain Cinnamon Peach Oatmeal  Fresh Orange	Whole Grain Bagel w/ Reduced Fat Cream Cheese  Fresh Local Apple	Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin  Cheese Stick  Pear Sauce	Whole Grain Cinnamon Biscuit  Fresh Banana
Nov 23	Nov 24	Nov 25	Nov 26	Nov 27
Turkey Sausage on Whole Grain English Muffin  100% Fruit Punch	Whole Grain Waffles w/Syrup  Fresh Orange	Chicken Sausage on Whole Grain Biscuit  Fresh Local Apple	Happy Thanksgiving!  HAPPY THANKSGIVING	Thanksgiving Friday  No School
Available Daily – Assorted Whole Grain Cereals, WG Strawberry Bar, Graham Crackers and Assorted Fruit				