

MONDAY	TUESDAY (PICKUP DAY)	WEDNESDAY	THURSDAY	FRIDAY (PICKUP DAY)
Nov 27 <ul style="list-style-type: none"> • Apple Frudel • Orange Wedges 	28 <ul style="list-style-type: none"> • Blueberry Muffin w/String Cheese • Grape Juice 	29 <ul style="list-style-type: none"> • Banana Loaf • Applesauce 	30 <ul style="list-style-type: none"> • Whole Grain Bagel w/Cream Cheese • Pineapple Tidbits 	Dec 1 <ul style="list-style-type: none"> • Oatmeal w/Strawberries VE
4 <ul style="list-style-type: none"> • Apple Cinnamon Muffin w/String Cheese • Diced Pears 	5 <ul style="list-style-type: none"> • Cinnamon Cream Cheese Mini Bagels • Tangerine 	6 <ul style="list-style-type: none"> • Strawberry Banana Yogurt w/Graham Crackers • Apple Juice 	7 <ul style="list-style-type: none"> • Plain Bagel w/ Cream Cheese • Apple Juice 	8 <ul style="list-style-type: none"> • Tropical Mango Breakfast Rounds • Frozen Blueberries
11 <ul style="list-style-type: none"> • Whole Grain Bagel w/Cream Cheese • Mixed Fruit Salad 	12 <ul style="list-style-type: none"> • Vanilla Yogurt w/Graham Crackers • Fresh Apple 	13 <ul style="list-style-type: none"> • Cinnamon French Toast Bites • Orange Wedges 	14 <ul style="list-style-type: none"> • Apple Cinnamon Muffin w/String Cheese • Grape Juice 	15 <ul style="list-style-type: none"> • Strawberry Guava Danish • Banana
18 <ul style="list-style-type: none"> • Blueberry Muffin w/String Cheese • Frozen Blueberries 	19 <ul style="list-style-type: none"> • Tropical Mango Breakfast Round • Orange Slices 	20 <ul style="list-style-type: none"> • Cinnamon French Toast Bites • Cantaloupe 	21 <ul style="list-style-type: none"> • Whole Grain Bagel w/Cream Cheese • Apple Juice 	22 <ul style="list-style-type: none"> • No School Happy Winter Break!

Pickup Days & Sites

Days to pick up meals are **Tuesdays (3 meals) and Fridays (2 meals) from 9am-12pm at the following sites:**

- Ballou High School
- Columbia Heights Education Campus
- Eastern High School
- Hardy Middle School
- Jackson-Reed High School
- Jefferson Middle School Academy
- Roosevelt High School

Locally Sourced
Vegan- VE

All breakfast entrées are vegetarian (including milk & eggs).
Student's choice of skim or 1% milk provided with every meal.

All grains are whole grain rich. This menu is subject to change & based upon product availability.

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