

K-12 CORE BREAKFAST  
November

# BREAKFAST

Monday Nov 4	Tuesday Nov 5	Wednesday Nov 6	Thursday Nov 7	Friday Nov 8
No School	No School	Scrambled Eggs w/ Whole Grain Biscuit (v). Oatmeal Raisin Round (v). Blueberry Muffin w/String Cheese (v).	Whole Grain French Toast Sticks w/Syrup (v). Blueberry Patch Parfait w/Graham Crackers (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Burrito (v). Maple Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).
		Orange Wedges Watermelon	Grape Juice Apple Slices	Applesauce Fresh Banana

Monday Nov 11	Tuesday Nov 12	Wednesday Nov 13	Thursday Nov 14	Friday Nov 15
No School	Whole Grain French Toast Sticks w/Syrup (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Egg & Cheese Bagel Sandwich (v). Blueberry Snack'n Waffle (v). Banana Muffin w/String Cheese (v).	Breakfast Sausage and Pancake on a Stick. Whole Grain Bagel w/ Cream Cheese (v). Blueberry Muffin w/ String Cheese (v).	<u>Parfait Bar</u> Strawberry or Vanilla Yogurt with Graham Cracker or Granola (v)
	Orange Slices Baked Cinnamon Apples	Cantaloupe Orange Wedges	Fresh Banana Apple Juice	Strawberries Blueberries

Daily offerings include frosted mini wheats, cinnamon chex, and cheerios with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. **Locally Sourced** items offered daily. This menu is subject to change and based upon product availability.

*This institution is an equal opportunity provider. Additional nutrition information available upon request.*

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# BREAKFAST

Monday Nov 18	Tuesday Nov 19	Wednesday Nov 20	Thursday Nov 21	Friday Nov 22
Whole Grain French Toast Sticks w/ Syrup (v). Banana Muffin w/ String Cheese (v).	Scrambled Eggs w/Toast (v). Maple Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).	Cheese Omelet w/Biscuit (v). Tropical Mango Breakfast Round (v). Banana Muffin w/Sting Cheese (v).	<u>Parfait Bar</u> (v). Strawberry or Vanilla Yogurt with Graham Cracker or Granola	Sausage & Cheese Breakfast Sandwich. <u>Plain Bagel</u> w/Cream Cheese (v). Blueberry Muffin w/Sting Cheese (v).
Whole Apple Fresh Tangerine	Apple Juice Whole Apple	Grape Juice Frozen Blueberries	Strawberries Banana	Fresh Tangerine Red Seedless Grapes

Monday Nov 25	Tuesday Nov 26	Wednesday Nov 27	Thursday Nov 28	Friday Nov 29
Blueberry Snack'n Waffle (v). Hard Boiled Egg Bento Box (v). Banana Muffin w/String Cheese (v).	Turkey Bacon & Egg Breakfast Pizza. Yogurt Breakfast Bento Box (v). Blueberry Muffin w/Sting Cheese (v).	No School	Happy Thanksgiving!	No School
Frozen Blueberries Orange Juice	Grape Juice Fresh Tangerine			

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