Breakfast in the Classroom & Grab 'n Go

November

ONE TABLE

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
No School	**No School**	Oatmeal Raisin Breakfast Round Assorted Cereal	Apple Cinnamon Muffin w/ String Cheese Assorted Cereal	Maple Snack'n Waffles Assorted Cereal
		Orange Wedges Pears	Grape Juice Fresh Apples	Applesauce Banana

Daily offerings include rice chex, cinnamon chex, blueberry chex, cheerios, and trix cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All BIC/GnG breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices. Additional nutrition information available upon request.

USDA is an equal opportunity provider, employer, and lender.

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November

ONE TABLE

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Oatmeal Raisin Round Assorted Cereal	Whole Grain Biscuit w/ Grape Jelly Assorted Cereal	**Veterans Day** **No School**	Whole Grain Bagel w/ Cream Cheese Assorted Cereal	Strawberry Yogurt w/ Granola Assorted Cereals
Apple Slices Fresh Tangerine	Orange Slices Pears		Fresh Banana Apple Juice	Whole Apples Strawberries

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
French Toast Sticks w/ Syrup (ve) Assorted Cereal	Cinnamon Snack'n Waffle Assorted Cereal	Tropical Mango Breakfast Round Assorted Cereal	Whole Grain Plain Bagel w/ Cream Cheese Assorted Cereal	Vanilla Yogurt w/ Graham Crackers Assorted Cereal
Tangerine Blueberries	Apple Juice Oranges	Grape Juice Whole Apple	Blueberries Fresh Banana	Fresh Tangerine Apple Slices

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November/December

ONE TABLE

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Blueberry Muffin w/ Cheese Stick Assorted Cereal	English Muffin w/ Sunbutter (ve) Assorted Cereal	**No School**	**No School**	**No School**
Diced Pears Orange Wedges	Grape Juice Fresh Tangerine			

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Banana Muffin w/ String Cheese Assorted Cereal	Blueberry Snack'n Waffle Assorted Cereal	Whole Grain Bagel w/ Cream Cheese Assorted Cereal	French Toast Sticks w/ Syrup (ve) Assorted Cereal	Maple Snack'n Waffle Assorted Cereal
Fresh Apple Grape Juice	Fresh Apple Tangerines	Apple Juice Orange Wedges	Fresh Pear Blueberries	Apple Slices Fresh Banana

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