K-12 CORE BREAKFAST

November

BREAKFAST

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
No	**School**	Scrambled Eggs w/ Whole Grain Toast (v). Oatmeal Raisin Breakfast Round (v). Blueberry Muffin w/ String Cheese (v).	Egg & Cheese Sandwich on English Muffin (v). Apple Cinnamon Muffin w/ String Cheese (v).	Berry Patch Smoothie (v). Maple Snack'n Waffle (v). Blueberry Muffin w/ String Cheese (v).
		Orange Wedges Pears	Grape Juice Fresh Apple	Applesauce Fresh Banana

Daily offerings include frosted mini wheats, cinnamon chex, blueberry chex, cheerios, and trix cereal with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products a 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. Additional nutrition information available upon request.

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K-12 CORE BREAKFAST

November

BREAKFAST

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Turkey Bacon & Egg Breakfast Pizza. Oatmeal Raisin Breakfast Round (v). Apple Cinnamon Muffin w/ String Cheese (v).	Oatmeal w/ Warm Berries (v). Whole Grain Biscuit w/ Grape Jelly (v). Banana Muffin w/ String Cheese (v).	**Veterans Day** **No School**	Potato, Egg, & Cheese Breakfast Bowl (v). w/ Salsa on side Bagel w/ Cream Cheese (v). Banana Muffin w/String Cheese (v).	Parfait Bar Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v). Apple Cinnamon Muffin w/ String Cheese (v).
Pears Tangerines	Orange Slices Warm Berries		Apple Juice Fresh Banana	Blueberries Strawberries

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
French Toast Sticks w/ Syrup (v). Strawberry Yogurt w/ Graham Cracker (v). Banana Muffin w/String Cheese (v).	Chicken Sausage & Pancake Wrap on a Stick. Cinnamon Snack'n Waffle (v). Blueberry Muffin w/String Cheese (v).	Orange Smoothie w/ Graham Cracker (v). Tropical Mango Breakfast Round (v). Banana Muffin w/ String Cheese(v).	Scrambled Eggs w/ Whole Grain Biscuit (v). Bagel w/ Cream Cheese (v). Blueberry Muffin w/ String Cheese (v).	Parfait Bar Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v). Banana Muffin w/ String Cheese (v).
Blueberries Tangerine	Apple Juice Oranges	Grape Juice Whole Apples	Banana Blueberries	Tangerines Apple Slices

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K-12 CORE BREAKFAST

November/December BREAKFAST

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Cinnamon Apple Oatmeal (v). Vanilla Yogurt w/ Graham Cracker (v). Blueberry Cinnamon Muffin w/ String Cheese (v).	Potato, Egg, & Cheese Breakfast Bowl w/ Salsa on side (v). English Muffin w/ Sunbutter (v). Apple Cinnamon Muffin w/ String Cheese (v).	**No**		**School**
Orange Wedges Cinnamon Swirled Apples	Pineapple Tangerine			

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<u>Parfait Bar</u> Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v). Banana Muffin w/ String Cheese (v).	Cheesy Scrambled Eggs w/ Toast (v). Blueberry Snack'n Waffle (v). Apple Cinnamon Muffin w/ String Cheese (v).	Egg & Cheese Bagel Sandwich (v). Bagel w/ Cream Cheese (v). Banana Muffin w/ String Cheese (v).	Whole Grain French Toast Sticks w/ Syrup (v). Tropical Mango Oatmeal Round (v). Apple Cinnamon Muffin w/ String Cheese (v).	Oatmeal w/ Warm Berries (ve). Maple Snack'n Waffle (v). Banana Muffin w/ String Cheese (v).
Apples Grape Juice	Apples Tangerine	Apple Juice Orange Wedges	Pears Blueberries	Warm Berries Bananas

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