

RISE & SHINE *with* BREAKFAST

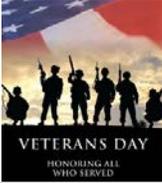
A NUTRITIOUS WAY to START EVERY DAY



Ballou Stay Breakfast 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
Cheesy Scrambled Eggs Made with Fresh Local Eggs Whole Grain English Muffin 100% Fruit Punch	Fresh Baked Whole Grain Blueberry Muffin Square Fresh Orange	Turkey Sausage on Whole Grain Bagel Fresh Local Apple	Scrambled Eggs Whole Grain English Muffin Chilled Pears	Whole Grain Pancakes w/Syrup Fresh Banana
Nov 9	Nov 10	Nov 11	Nov 12	Nov 13
Yogurt Cup Graham Crackers 100% Fruit Punch	Whole Grain Cinnamon Biscuit Fresh Orange	No School  VETERANS DAY HONORING ALL WHO SERVED	Turkey Sausage on a Whole Grain English Muffin Chilled Pears	Chicken Sausage on a Whole Grain Biscuit Fresh Banana
Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
Cheesy Scrambled Eggs Whole Grain English Muffin 100% Fruit Punch	Whole Grain Cinnamon Peach Oatmeal Fresh Orange	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple	Fresh Baked Whole Grain Blueberry Muffin Square Chilled Pears	French Toast Bake Fresh Banana
Nov 22	Nov 23	Nov 24	Nov 25	Nov 26
Chicken Sausage on a Whole Grain Biscuit 100% Fruit Punch	Whole Grain Pancakes w/Syrup Fresh Orange	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple	Happy Thanksgiving! 	Thanksgiving Friday No School
Available Daily – Assorted Whole Grain Cereals, Whole Grain Strawberry Bar, Graham Crackers and Assorted Fruit				