



# SIMPLY GOOD

## Breakfast in the Classroom (K-5, K-8)

November 2015

All breakfasts are FREE. Full student breakfast includes entrée, fruit & choice of 1% or skim white milk. Did you know—If you see it in green, it's Local!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nov 2</b>	<b>Nov 3</b>	<b>Nov 4</b>	<b>Nov 5</b>	<b>Nov 6</b>
Whole Grain Bagel w/ Reduced Fat Cream Cheese  <i>100% Fruit Punch</i> Pineapple Cup	<i>Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin</i> String Cheese  Fresh Orange	<i>Chicken Sausage</i> on Whole Grain Bagel  <i>Fresh Local Apple</i>	Yogurt Cup  Graham Crackers  Pear Sauce Applesauce	Whole Grain Pancakes w/ Jelly  Fresh Banana Chilled Pears
<b>Nov 9</b>	<b>Nov 10</b>	<b>Nov 11</b>	<b>Nov 12</b>	<b>Nov 13</b>
Whole Grain Waffles w/Syrup  <i>100% Fruit Punch</i> Pineapple Cup	Turkey Sausage on Whole Grain English Muffin  Fresh Orange	<i>Veterans Day No School</i> 	Whole Grain Cinnamon Biscuit  Pear Sauce Applesauce Cup	<i>Chicken Sausage</i> on Whole Grain Bagel  Fresh Banana Chilled Pears
<b>Nov 16</b>	<b>Nov 17</b>	<b>Nov 18</b>	<b>Nov 19</b>	<b>Nov 20</b>
Whole Grain Pancakes w/Syrup  <i>100% Fruit Punch</i> Pineapple Cup	Whole Grain Cinnamon Peach Oatmeal  Fresh Orange	Whole Grain Cinnamon Toast Crunch Cereal  Whole Grain Graham Crackers  <i>Fresh Local Apple</i>	<i>Whole Grain Apple Cinnamon Muffin or Whole Grain Blueberry Muffin</i> <i>Cheese Stick</i> Pear Sauce Applesauce Cup	Whole Grain Cinnamon Biscuit  Fresh Banana Chilled Pears
<b>Nov 23</b>	<b>Nov 24</b>	<b>Nov 25</b>	<b>Nov 26</b>	<b>Nov 27</b>
Turkey Sausage on Whole Grain English Muffin  <i>100% Fruit Punch</i> Pineapple Cup	Whole Grain Waffles w/Syrup  Fresh Orange	<i>Chicken Sausage</i> on Whole Grain Biscuit  <i>Fresh Local Apple</i>	<i>Happy Thanksgiving!</i> 	<i>Thanksgiving Friday</i>  <i>No School</i>

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