

NOVEMBER 2022

K-6 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1 EGGS & SAUSAGE PATTY Whole Grain Cinnamon Roll Variety of Cereal Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	2 YOGURT PARFAIT Variety of Cereal Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	3 HAM & CHEESE BREAKFAST SANDWICH Ketchup, Individual Cup Variety of Cereal Oatmeal, Variety Homemade Blueberry Muffin Homemade Muffin, Plain Homemade Chocolate Chip Muffin Homemade Pumpkin Chocolate Chip Muffin Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	4 BREAKFAST PIZZA Variety of Cereal Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk
7 FRENCH TOAST STICKS Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	8 BREAKFAST SANDWICH Ketchup, Individual Cup Whole Grain Cinnamon Roll Variety of Cereal Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	9 WHOLE GRAIN WAFFLES Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	10 BREAKFAST BOWL Ketchup, Individual Cup Salsa Variety of Cereal Oatmeal, Variety Homemade Chocolate Chip Muffin Homemade Muffin, Plain Homemade Blueberry Muffin Homemade Pumpkin Chocolate Chip Muffin Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	11 SAUSAGE & PANCAKE BITES Syrup Cup Variety of Cereal Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk
14 WHOLE WHEAT PANCAKES Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	15 EGGS & HASHBROWN Ketchup, Individual Cup Whole Grain Cinnamon Roll Variety of Cereal Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	16 BISCUITS & GRAVY Variety of Cereal Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	17 BREAKFAST BURRITO Salsa Variety of Cereal Oatmeal, Variety Homemade Chocolate Chip Muffin Homemade Muffin, Plain Homemade Blueberry Muffin Homemade Pumpkin Chocolate Chip Muffin Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	18 BREAKFAST PIZZA Variety of Cereal Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk
21 WHOLE GRAIN DUTCH WAFFLE Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	22 BREAKFAST PIZZA Variety of Cereal Oatmeal, Variety Whole Wheat English Muffin Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	THANKSGIVING BREAK		
28 FRENCH TOAST STICKS Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	29 BREAKFAST SANDWICH Ketchup, Individual Cup Whole Grain Cinnamon Roll Variety of Cereal Oatmeal, Variety Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	30 WHOLE GRAIN WAFFLES Syrup Cup Variety of Cereal Oatmeal, Variety Wheat Raisin Toast Jelly, Assorted Cups Seasonal Fresh Fruit Juice, 4 oz, Variety 1% Milk Skim Milk	<p><i>Menus are subject to change in accordance with product availability. Please contact your kitchen manager for up-to-date menu and nutrition information.</i></p> <p>This institution is an equal opportunity provider.</p>	

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