

November 2013

SchoolFood FEED YOUR MIND

Monday	Trayless Tuesday	Wednesday	Thursday	Friday
				POWER UP Turkey Sausage Roll Nature Valley Oats 'n Honey Granola Bar Upstate Farms Yogurt
FUEL UP THE WHOLE GRAIN WAY Whole Grain Apple Bread Cheddar Cheese	ELECTION DAY Egg & Cheese Roll-Up <i>"A Whole Grain Wrap filled with Egg and Savory Melted Cheese"</i>	BAGEL BAR DAY NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Jelly Peanut Butter	RISE AND SHINE Tasty Waffles with Warm Syrup Turkey Sausage Patty Hot Cereal Choice	POWER UP Colby Cheese Omelet Flaky Croissant
VETERANS DAY Home-style French Toast Warm Syrup	POWER UP Turkey Sausage Roll Nature Valley Oats 'n Honey Granola Bar Organic Stonyfield Strawberry	GOOD MORNING Fluffy Egg Omelet with Melted Cheese NY Style Bagels	RISE AND SHINE Fluffy Pancakes Turkey Canadian Bacon Warm Syrup Hot Cereal Choice	BAGEL BAR DAY NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Jelly Peanut Butter
FUEL UP THE WHOLE GRAIN WAY Whole Grain Blueberry Bread Upstate Farms Yogurt	GOOD MORNING Fluffy Egg Omelet with Turkey Sausage Whole Grain English Muffin	RISE AND SHINE Mini-Burst Pancakes with Warm Syrup Hot Cereal Choice	BAGEL BAR DAY NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Jelly Peanut Butter	POWER UP Sunrise Banana Bread Hot Cereal Choice
RISE AND SHINE Home-style French Toast Warm Syrup Turkey Sausage Patty	GOOD MORNING Egg & Cheese Roll-Up <i>"A Whole Grain Wrap filled with Egg and Savory Melted Cheese"</i>	BAGEL BAR DAY NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Jelly Peanut Butter	THANKSGIVING RECESS Whole Grain Blueberry Bread Cheddar Cheese	THANKSGIVING RECESS Colby Cheese Omelet Whole Wheat Toast Served with Jelly

Offered Daily : Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cold Cereal, 100% Fruit Juice

Cold Cereal Choices : Frosted Mini Wheats, Heart to Heart, Honey Sunshine, Toasty Oats, Kix, Raisin Bran

Menu is Subject to Change

Breakfast Menu

