

Breakfast Menu
2019-2020
Menu subject to change

November



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
				1 NO SCHOOL	
4 Cereal Scooby Snacks Mandarin Oranges Applesauce Cup Milk Skim Milk	5 Pancake on a Stick Sliced Fresh Apple Applesauce Cup Milk Skim Milk	6 Breakfast Pizza Sliced Apricots Applesauce Cup Milk Skim Milk	7 Gogurt Blueberry Muffin Pineapple Chunks Applesauce Cup Milk Skim Milk	8 Mini Bagel w/Cream Cheese Chilled Pears Applesauce Cup Milk Skim Milk	Cal 578 T.Fat 8.05 G S.Fat 2.9 G Chol 23.4 Mg Sodm 514.40 Mg
11 Cereal Cinnamon Elf Graham Peaches Applesauce Cup Milk Skim Milk	12 Biscuit Sausage Patty Orange Applesauce Cup Milk Skim Milk	13 Breakfast Pizza Chilled Pears Applesauce Cup Milk Skim Milk	14 Gogurt Chocolate Bear Grahams Sliced Apricots Applesauce Cup Milk Skim Milk	15 Oatmeal w Brown Sugar/ Cinnamon Apple Slices Applesauce Cup Milk Skim Milk	Cal 797 T.Fat 11.76 G S.Fat 3.0 G Chol 17.8 Mg Sodm 599.70 Mg
18 Cereal String Cheese Peaches Applesauce Cup Milk Skim Milk	19 Cherry Frudel Pineapple Chunks Applesauce Cup Milk Skim Milk	20 Pancake on a Stick Strawberry Cups Applesauce Cup Milk Skim Milk	21 Yogurt Crunchy Granola Mandarin Oranges Applesauce Cup Milk Skim Milk	22 Breakfast Pizza Peaches Applesauce Cup Milk Skim Milk	Cal 776 T.Fat 9.42 G S.Fat 3.4 G Chol 25.8 Mg Sodm 570.81 Mg
25 Fall Break	26 Fall Break	27 Fall Break	28 Fall Break	29 Fall Break	Cal -1 T.Fat -1.00 G S.Fat -1.0 G Chol -1.0 Mg Sodm -1.00 Mg

*This institution is an
equal opportunity
provider.*