

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Breakfast served at no charge.
1/2 pint milk served with each meal.
See www.mcsnutrition.org for nutrition information.



<p>4</p> <p>Whole Grain</p> <p>Pancakes w/ Blueberry Glaze</p> <p>Assorted Fresh Fruit</p>	<p>5</p> <p>Whole Grain</p> <p>Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>6</p> <p>Whole Grain</p> <p>Cinnamon Roll</p> <p>Assorted Fresh Fruit</p>	<p>7</p> <p>Chicken Sausage on a</p> <p>Whole Grain Breakfast Roll</p> <p>Orange Juice</p> <p>Assorted Fresh Fruit</p>	<p>1</p> <p>Whole Grain</p> <p>Apple Cinnamon Square</p> <p>Strawberry Yogurt</p> <p>Assorted Fresh Fruit</p>
 <p>Happy Veterans Day</p>	<p>12</p> <p>Whole Grain</p> <p>Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>13</p> <p>Whole Grain</p> <p>Chocolate Muffin</p> <p>Strawberry Yogurt</p> <p>Assorted Fresh Fruit</p>	<p>14</p> <p>Whole Grain</p> <p>Soft Filled Cinnamon Bar</p> <p>Assorted Fresh Fruit</p>	<p>15</p> <p>Whole Grain</p> <p>Apple Cinnamon Square</p> <p>Strawberry Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>18</p> <p>Whole Grain</p> <p>Confetti Pancakes</p> <p>Assorted Fresh Fruit</p>	<p>19</p> <p>Whole Grain</p> <p>Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>20</p> <p>Biscuit</p> <p>w/ Boysenberry Preserves</p> <p>Assorted Fresh Fruit</p>	<p>21</p> <p>Chicken Sausage on a</p> <p>Whole Grain Breakfast Roll</p> <p>Orange Juice</p> <p>Assorted Fresh Fruit</p>	<p>22</p> <p>Whole Grain</p> <p>Harvest Pumpkin Square</p> <p>Strawberry Yogurt</p> <p>Assorted Fresh Fruit</p>
<p>25</p> <p>Whole Grain</p> <p>French Toast Sticks</p> <p>Assorted Fresh Fruit</p>	<p>26</p> <p>Whole Grain</p> <p>Turkey Sausage Breakfast Square</p> <p>Assorted Fresh Fruit</p>	<p>27</p> <p>Whole Grain</p> <p>Pancakes w/ Cinnamon Glaze</p> <p>Assorted Fresh Fruit</p>	 <p>Happy Thanksgiving</p>	