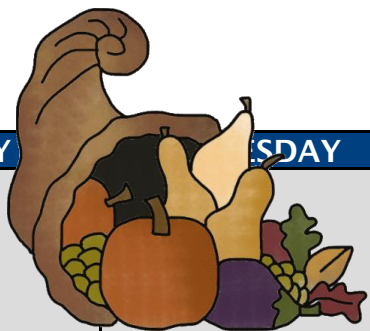


November 2017

FIRST AVENUE BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	2 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	3 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
6 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	7 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	8 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	9 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	10 VETERAN'S DAY
13 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	14 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	15 EGG & SAUSAGE CROISSANT COFFEE CAKE* POPTARTS* FRENCH TOAST	16 PANCAKE ON A STICK BAGEL & CREAM CHEESE* BREAKFAST PIZZA WHOLE GRAIN DONUT* EGG TORNADO CEREALS*	17 PANCAKES & SAUSAGE CONCHA* WG CHOCOLATE DONUT MUFFINS* POPTARTS*
20 THANKSGIVING HOLIDAY	21 THANKSGIVING HOLIDAY	22 THANKSGIVING HOLIDAY	23 THANKSGIVING DAY	24 THANKSGIVING HOLIDAY
27 BREAKFAST BURRITO CONCHA* POWERED SUGAR DONUT* POPTARTS*	28 YOGURT PARFAIT* MUFFINS* BAGEL & CREAM CHEESE* CEREALS*	29 EGG & SAUSAGE CROISSANT FRENCH TOAST COFFEE CAKE* POPTARTS*	30 COLLABORATION DAY PANCAKE ON A STICK BAGEL & CREAM CHEESE* EGG TORNADO BREAKFAST PIZZA WHOLE GRAIN DONUT* CEREALS*	



Harvest
of the
Month

Network for a Healthy California

OFFERED DAILY:

1% LOWFAT MILK
NONFAT CHOC. MILK
APPLE JUICE
ORANGE JUICE
FRESH FRUIT

You must choose at
least 3 items
(meat, grain, fruit, juice,
milk)

1 must be a fruit

All meals are low sodium
and all grains are whole
grains!