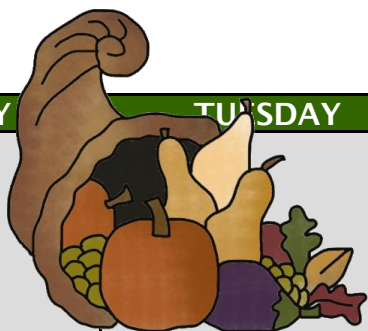


November 2017

HUGO REID BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHOCOLATE MUFFIN* ASSORTED CEREALS*	2 YOGURT PARFAIT* HONEY LEMON LOAF*	3 CHOCOLATE MUFFIN* ASSORTED CEREALS*
6 CHOCOLATE MUFFIN* ASSORTED CEREALS*	7 BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	8 CHOCOLATE MUFFIN* ASSORTED CEREALS*	9 MINIMUM DAY YOGURT PARFAIT* HONEY LEMON LOAF*	10 VETERAN'S DAY
13 CHOCOLATE MUFFIN* ASSORTED CEREALS*	14 BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	15 CHOCOLATE MUFFIN* ASSORTED CEREALS*	16 YOGURT PARFAIT* HONEY LEMON LOAF*	17 CHOCOLATE MUFFIN* ASSORTED CEREALS*
20 THANKSGIVING HOLIDAY	21 THANKSGIVING HOLIDAY	22 THANKSGIVING HOLIDAY	23 THANKSGIVING DAY	24 THANKSGIVING HOLIDAY
27 CHOCOLATE MUFFIN* ASSORTED CEREALS*	28 BLUEBERRY MUFFIN* BAGEL WITH CREAM CHEESE*	29 CHOCOLATE MUFFIN* ASSORTED CEREALS*	30 COLLABORATION DAY YOGURT PARFAIT* HONEY LEMON LOAF*	



OFFERED DAILY:

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

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

1 must be a fruit

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