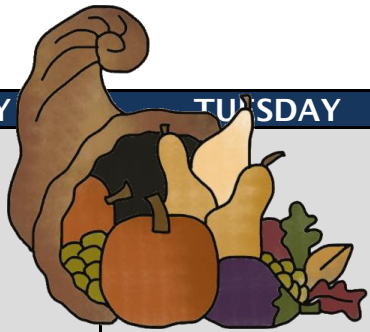


# November 2017

## LONGLEY WAY BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BREAKFAST BURRITO CHOCOLATE MUFFIN*	2 YOGURT PARFAIT* BREAKFAST PIZZA	3 CHOCOLATE MUFFIN* ASSORTED CEREALS*
6 PANCAKES & SAUSAGE ASSORTED CEREALS*	7 FRENCH TOAST STICKS MINI BAGELS*	8 BREAKFAST BURRITO CHOCOLATE MUFFIN*	9 MINIMUM DAY YOGURT PARFAIT* BREAKFAST PIZZA	10 VETERAN'S DAY
13 PANCAKES & SAUSAGE ASSORTED CEREALS*	14 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	15 BREAKFAST BURRITO CHOCOLATE MUFFIN*	16 YOGURT PARFAIT* BREAKFAST PIZZA	17 CHOCOLATE MUFFIN* ASSORTED CEREALS*
20 THANKSGIVING HOLIDAY	21 THANKSGIVING HOLIDAY	22 THANKSGIVING HOLIDAY	23 THANKSGIVING DAY	24 THANKSGIVING HOLIDAY
27 PANCAKES & SAUSAGE ASSORTED CEREALS*	28 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	29 BREAKFAST BURRITO CHOCOLATE MUFFIN*	30 COLLABORATION DAY YOGURT PARFAIT* BREAKFAST PIZZA	



### 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!