



Breakfast includes


ENTRÉE (2 Stars)

★ **PROTEIN** & ★ **GRAINS**

★★ **FRUIT** (2 Stars)


















★ **MILK** (1 Star)

1% Low Fat **OR** Non Fat White Milk



Be a Rising Star with a Healthy School Breakfast!

Breakfast is one of the most important meals of the day and is proven to contribute toward improved academic performance.

Breakfast Cereal 1  with Grahams Strawberry Applesauce 100% Fruit Juice				
4 Great Earth Cinnamon Roll  Applesauce Cup Raisins	5 Breakfast Cereal with Grahams  Craisins Fresh Apple Slices	6 Yogurt with Honey Grahams  Fresh Banana 100% Fruit Juice	7 Cinnamon Raisin Bagel with Cream Cheese  Fresh Apple	8 Coffee Cake with Cinnamon Crumbles  Strawberry Applesauce 100% Fruit Juice
11  Happy Veteran's Day!	12 Muffin Top  Craisins Fresh Apple Slices	13 Yogurt with Honey Grahams  Fresh Banana 100% Fruit Juice	14 Blueberry Bagel with Cream Cheese  Fresh Apple	15 Breakfast Cereal with Grahams  Strawberry Applesauce 100% Fruit Juice
18 Great Earth Cinnamon Roll  Applesauce Cup Raisins	19 Breakfast Cereal with Grahams  Craisins Fresh Apple Slices	20 Yogurt with Honey Grahams  Fresh Banana 100% Fruit Juice	21 Cinnamon Raisin Bagel with Cream Cheese  Fresh Apple	22 Coffee Cake with Cinnamon Crumbles  Strawberry Applesauce 100% Fruit Juice
25 NO SCHOOL THANKSGIVING BREAK	26 NO SCHOOL THANKSGIVING BREAK	27 NO SCHOOL THANKSGIVING BREAK	28 HAPPY THANKSGIVING! 	29 NO SCHOOL THANKSGIVING BREAK

Menu is subject to change. Notice will be given if possible.