



November Breakfast Menu

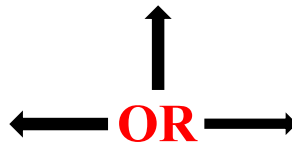
**A Complete School Breakfast Includes:
A Featured Hot Entrée **OR** Cold Entrée 1 **OR** Cold Entrée 2,
1-2 Fruit/Fruit Juice, and/or Milk**

Featured Hot Entree				
Monday	Tuesday	Wednesday	Thursday	Friday
Apple Filled Frudel	Mini Cinnis	Cinnamon French Toast Sticks	Mini Cinnis	Mini Maple Waffles
Served Daily: Mini Pancakes – <i>Flavor of the Month</i> – Confetti Pancakes				

Cold Entrée 1
Choose 1

- Assorted Pop-Tarts
- Assorted Cereal
- Assorted Flavored Bread

All items are served daily



Cold Entrée 2
Choose 1 OR 2

- Assorted Cereal Bars
- Assorted Muffins
- Assorted Nutri-Grain Bars
- String Cheese
- Hard Boiled Egg

All items are served daily

To make breakfast a meal, students are offered 1 cup of fruit/fruit juice and must select at least ½ cup fruit/fruit juice. All fruit/fruit juices are ½ cup servings.

**Served Daily in Cafeteria 7:20-7:45 AM and on Breakfast Cart 7:10-7:45 AM
Breakfast Cart is located by the 300 wing where buses unload.**

Breakfast Meal Price: FREE**

**USDA Waiver: 1 free breakfast meal and 1 free lunch meal daily for all students the entire school year.

Free & Reduced Priced Meal Application

This year, every student may receive 1 free breakfast meal and 1 free lunch meal; however, completion of the Free & Reduced Price Meal Application may qualify **newly** eligible children for additional benefits.

Free and Reduced Price Meal Applications are available on the Child Nutrition website

www.mcschildnutrition.com under the “Apply for Meal Benefits” button as well as in the school office.