



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | | WG Bagel Fresh Apple 1% or FF White Milk | Jumbo Waffle Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk | Golden Grahams Mini Vanilla Wafers Apple Juice Fresh Orange 1% or FF White Milk |
| 6 | 7 | 8 | 9 | 10 |
| Breakfast Nutrition Bar Craisins Orange Juice 1% or FF White Milk | WG Cinnamon French Toast Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk | Breakfast Nutrition Bar Fresh Apple 1% or FF White Milk | French Toast Sticks w/ Syrup Fresh Banana Orange Juice 1% or FF White Milk | Frosted Corn Flakes Animal Grahams Apple Juice Fresh Orange 1% or FF White Milk |
| 13 | 14 | 15 | 16 | 17 |
| Cinnamon Toast Crunch Cereal Mini Vanilla Wafers Craisins Orange Juice 1% or FF White Milk | WG Pancake Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk | Honey Wheat Bagel with Jam Fresh Apple 1% or FF White Milk | Jumbo Waffle Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk | Trix Cereal Animal Grahams Apple Juice Fresh Orange 1% or FF White Milk |
| 20 | 21 | 22 | 23 | 24 |
| Lucky Charms Mini Vanilla Wafers Craisins Orange Juice 1% or FF White Milk | WG Cinnamon French Toast Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk | WG Breakfast Ring Fresh Apple 1% or FF White Milk | <i>Thanksgiving Day</i> | No School |
| 27 | 28 | 29 | 30 | |
| Lucky Charms Giant Cinnamon Goldfish Apple Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk | WG Pancake Turkey Sausage Orange Juice Zee Zee Mixzee Dried Fruit 1% or FF White Milk | WG Bagel Fresh Apple 1% or FF White Milk | Jumbo Waffle Turkey Sausage Fresh Banana Orange Juice 1% or FF White Milk | |



Thought for Thought

Daring ideas are like chessmen moved forward.
They may be beaten, but they may start a
winning game. - Goethe

Tips & Information

Eating pumpkins is good for you! It Contains 9
Important nutrients– Vitamin C, Vitamin E,
magnesium, potassium, zinc, iron, alpha and
beta carotenoids, which help prevent cellular
damage as well as helps lower cholesterol. Have
a happy and healthy Holiday Break!

"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

This institution is an equal opportunity provider.

