

Grab n Go Breakfast November 2017



Monday

Tuesday

Wednesday

Thursday

Friday

		<p>1</p> <p>Breakfast Bread 40g Fresh Banana 23g Fruit Juice 12-14g Milk 12g</p>	<p>2</p> <p>Cold Cereal 21-24g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g</p>	<p>3</p> <p>Biscuit w/ Sausage 27g Fresh Banana 23g Fruit Juice 12-14g Milk 12g</p>
<p>6</p> <p>French Toast 25g Fresh Apple or Banana 14-23g Fruit Juice 12-14g Milk 12g</p>	<p>7</p> <p>Apple Cinnamon Sausage Pancake 17g Peach Cup 15g Fruit Juice 12-14g Milk 12g</p>	<p>8</p> <p>Cheese Breadstick 26g Fresh Apple or Banana 14-23g Fruit Juice 12-14g Milk 12g</p>	<p>9</p> <p>Southern Peach Biscuit 31g Fresh Banana 23g Fruit Juice 12-14g Milk 12g</p>	<p>10</p> <p>Biscuit w/Canadian Ham & Cheese 27g Fresh apple 14g Fruit Juice 12-14g Milk 12g</p>
<p>13</p> <p>Blueberry Mini Pancakes 35g Applesauce 13.5g Fruit Juice 12-14g Milk 12g</p>	<p>14</p> <p>Sausage & Cheese Pita Pocket 15g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g</p>	<p>15</p> <p>Whole Grain Muffin 31g Fresh Banana 23g Fruit Juice 12-14g Milk 12g</p>	<p>16</p> <p>Breakfast Pizza 22g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g</p>	<p>17</p> <p>English Muffin w/ Egg & Cheese 26g Fresh Apple 14g Fruit Juice 12-14g Milk 12g</p>
<p>20</p> <p>Cold Cereal 21-24g Peach Cup 15g Fruit Juice 12-14g Milk 12g</p>	<p>21</p> <p>French Toast 25g Applesauce 13.5g Fruit Juice 12-14g Milk 12g</p>	<p>22</p> <p>Thanksgiving Break No School</p>	<p>23</p> <p>Thanksgiving Day No School</p> 	<p>24</p> <p>Thanksgiving Break No School</p>
<p>27</p> <p>Cinnamon Mini Pancakes 35g Applesauce 13.5g Fruit Juice 12-14g Milk 12g</p>	<p>28</p> <p>Loaded Breakfast Toast 18g Fresh apple 14g Fruit Juice 12-14g Milk 12g</p>	<p>29</p> <p>Breakfast Bread 40g Fresh Banana 23g Fruit Juice 12-14g Milk 12g</p>	<p>30</p> <p>Cold Cereal 21-24g Fresh Apple or Banana 14g-23g Fruit Juice 12-14g Milk 12g</p>	

Menu is subject to change without notice

This institution is an equal opportunity employer & provider