



Secondary Breakfast– November 2017



EVERYDAY CHOICES
Fresh Apple, Orange or Banana
Fruit Juice and Milk

		<p>1</p> <p><i>Choose one:</i> French Toast 25g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>2</p> <p><i>Choose one:</i> Breakfast Pizza 22g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Fruit Cereal Bar 10g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>3</p> <p><i>Choose one:</i> Biscuit w/ Sausage Patty 27g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
<p>6</p> <p><i>Choose one:</i> Southern Peach Biscuit 31g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>7</p> <p><i>Choose one:</i> Apple Cinnamon Sausage Pancake 18g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Fruit Cereal Bar 10g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>8</p> <p><i>Choose one:</i> Scramble Eggs w/ Hash brown 19g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>9</p> <p><i>Choose one:</i> Pancakes w/ Sausage Patty 42g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Toaster Pastry 37g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>10</p> <p><i>Choose one:</i> Biscuit w/ Canadian Ham & Cheese 27g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
<p>13</p> <p><i>Choose one:</i> Waffles 46g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>14</p> <p><i>Choose one:</i> Sausage/ Cheese Pita Pocket 15g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>15</p> <p><i>Choose one:</i> English Muffin w/ Canadian Ham & Cheese 26g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Toaster Pastry 37g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>16</p> <p><i>Choose one:</i> Breakfast Pizza 22g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>17</p> <p><i>Choose one:</i> French Toast 25g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Fruit Cereal Bar 10g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
<p>20</p> <p><i>Choose one:</i> Hot Oatmeal 53g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Toaster Pastry 37g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>21</p> <p><i>Choose one:</i> Pancakes w/ Sausage Patty 42g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>22</p> <p><i>Thanksgiving Break No School</i></p>	<p>23</p> <p><i>Thanksgiving Break No School</i></p> 	<p>Thanksgiving Break No School</p>
<p>27</p> <p><i>Choose one:</i> Waffles 46g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>28</p> <p><i>Choose one:</i> Loaded Breakfast Toast 18g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Toaster Pastry 37g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>29</p> <p><i>Choose one:</i> French Toast 25g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p>30</p> <p><i>Choose one:</i> Breakfast Pizza 22g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Fruit Cereal Bar 10g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	

Menu subject to change without notice.

This institution is an equal opportunity employer and provider.