

HS & MS Breakfast Menu

November 2015

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
2		3		4		5		6	
Mini French Toast	37	Bagel	29	Mini Cinis (Hot)	40	Trix Cereal Bar	30	Sunrise Flatbread	21
Red Delicious Apple	22	Cream Cheese	1	Banana	29	Strawberry Yogurt	16	Mixed Fruit	17
100% Juice Cup	15	Diced Peaches	13	100% Juice Cup	15	Apple Slices	17	100% Juice Cup	15
Milk (assorted)	15	100% Juice Cup	15	Milk (assorted)	15	100% Juice Cup	15	Milk (assorted)	15
		Milk (assorted)	15			Milk (assorted)	15		
9		10		11		12		13	
Blueberry Muffin	30	Egg & Cheese Muffin	26	Mini Pancakes Maple	41	Bagel	29	Mini Muffins CC	32
WG Scooby Doo Snacks	21	Orange Wedges	21	Applesauce	15	Cream Cheese	1	Coco puffs Bar	30
Banana	29	100% Juice Cup	15	100% Juice Cup	15	Diced Pears	16	Mandarin Oranges	17
100% Juice Cup	15	Milk (assorted)	15			100% Juice Cup	15	100% Juice Cup	15
Milk (assorted)	15					Milk (assorted)	15		
16		17		18		19		20	
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23		24		25		26		27	
NO SCHOOL PARENT-TEACHER CONFERENCES		NO SCHOOL PARENT-TEACHER CONFERENCES		NO SCHOOL DAY OF NON-ATTENDANCE		NO SCHOOL THANKSGIVING BREAK		NO SCHOOL THANKSGIVING BREAK	
30									
Blueberry Muffin	30								
WG Scooby Doo Snacks	21								
Banana	29								
100% Juice Cup	15								
Milk (assorted)	15								

Disclaimer about Carbs

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer. Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

Milk is included with all Meals
Cereal available Daily

Prices
Breakfast \$1.75
Milk \$.40

Menu subject to change.
Advance notice will be given when possible.

