



CHARTER COLD BREAKFAST MENU - NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUICE	APPLE	BANANA	ORANGE	PEAR
			1	2
			CINNAMON CRUMB CAKE FRUIT 1 % OR FAT FREE MILK	HONEY GRAHAM TOASTERS CEREAL BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK
5	6	7	8	9
CINNAMON BUN 100% FRUIT JUICE 1 % OR FAT FREE MILK	CINNAMON CRUMB CAKE FRUIT 1 % OR FAT FREE MILK	BLUEBERRY SPOONERS CEREAL BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	WHEAT BAGEL CREAM CHEESE FRUIT 1 % OR FAT FREE MILK	BLUEBERRY MUFFIN BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK
12	13	14	15	16
	DOUBLE CHOCOLATE MUFFIN 100% FRUIT JUICE 1 % OR FAT FREE MILK	CINNAMON CRUMB CAKE FRUIT 1 % OR FAT FREE MILK	WHEAT BAGEL CREAM CHEESE FRUIT 1 % OR FAT FREE MILK	HONEY SCOOTERS BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK
19	20	21	22	23
26	27	28	29	30
CINNAMON CRUMB CAKE 100% FRUIT JUICE 1 % OR FAT FREE MILK	WHEAT BAGEL CREAM CHEESE FRUIT 1 % OR FAT FREE MILK	TOASTY O'S BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	HONEY GRAHAM TOASTERS CEREAL BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK	BLUEBERRY MUFFIN BEAR GRAHAMS FRUIT 1 % OR FAT FREE MILK

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