



K-12 : Cairo Jr. Sr. High November 2018 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Try our New Breakfast Sandwich this Month			1. Denver Breakfast Bowl Buttered Toast Chilled Pears Grape Juice	2. Biscuit & Gravy Red Apple Halve Orange Juice
5. Breakfast Pizza Cinnamon Applesauce Orange Juice	6. Cinnamon Oatmeal Cinnamon Toast Chilled Peaches Apple Juice	7. Ham, Egg & Cheese Bagel Raisins Orange Juice	8. Pancakes w/ Syrup Chilled Fruit Cocktail Grape Juice	9. Biscuit & Gravy Fresh Banana Apple Juice
12. Veterans' Day No School	13. Pancakes w/ Syrup Chilled Pears Apple Juice	14. Ham ,Egg & Cheese on Flatbread Raisins Fruit Punch Juice	15. Scrambled Eggs Turkey Sausage Link Buttered Toast Fruit Cocktail Apple Juice	16. Biscuit & Gravy Chilled Pineapple Tidbits Orange Juice
19. Breakfast Pizza Rosy Applesauce Apple Juice	20. Egg & Cheese on an English Muffin Chilled Peaches Fruit Juice	21. No School	22. Thanksgiving Day No School	23. No School
26. Breakfast Pizza Rosy Applesauce Orange Juice	27. Bacon Egg & Cheese Muffin Chilled Pineapples Fruit Punch Juice	28. Cinnamon Rolls Baked Apple Slices Apple Juice	29. Denver Breakfast Bowl Chilled Pears Grape Juice	30. Biscuit & Gravy Red Apple Halve Orange Juice
Daily Alternates				
Assorted Cereal w/ Graham Crackers	Assorted Cereal w/ Graham Crackers	Assorted Cereal w/ Graham Crackers	Assorted Cereal w/ Graham Crackers	Assorted Cereal w/ Graham Crackers
Or French Toast w/ Syrup	Or French Toast w/ Syrup	Or French Toast w/ Syrup	Or French Toast w/ Syrup	Or French Toast w/ Syrup

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.



This month
we're celebrating
cranberries



chartwells
Discovery
KITCHEN

Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month
we're celebrating
cranberries

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This month
we're celebrating
tomatoes

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This month
we're celebrating
berries

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This month
we're celebrating
autumn squash

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