

November 2018 Sunrise Starters Menu

ACERO CHARTER SCHOOLS

	Monday	Tuesday	Wednesday	Thursday	Friday
				November 1 No Classes	November 2 No Classes
	November 5 Cheesy Scrambled Eggs with Turkey Sausage & Toast* Peaches	November 6 Mini French Toast* with Syrup Mixed Fruit	November 7 Yogurt Parfait (strawberry or peach) & Honey Oat Goldfish Cracker* Pineapple	November 8 Bacon & Egg Breakfast Square* Applesauce	November 9 Blueberry Waffle* with Syrup Pears
	November 12 Mini Strawberry Cream Cheese Bagels* Peaches	November 13 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit	November 14 Mini Maple Pancakes* Pineapple	November 15 Smoothie (variety) with Oatmeal Bar* (apple or strawberry) Applesauce	November 16 Cheese Omelet with Toast* Pears
	November 19 Mini Cinnamon Rolls* Peaches	November 20 Breakfast Boat* with Turkey Bacon & Scrambled Eggs Mixed Fruit	November 21 No Classes	November 22 	November 23
	November 26 Pancake Wrap*^ with Syrup Peaches	November 27 Canadian Bacon & Egg Croissant* Mixed Fruit	November 28 Cinnamon Raisin Bagel* with Cream Cheese Pineapple	November 29 Turkey Ham & Cheese on a Hawaiian Roll* Applesauce	November 30 Cheese Omelet with Toast* Pears

Additional Items Served Every Day:

- Assorted cereals*
- Blueberry and banana muffins*
- Bread*, Jelly, Margarine
- Fresh fruit
- Yogurt cups
- 100% apple juice and orange juice
- Skim and 1% white milk plus fat-free chocolate milk with no artificial growth hormones or antibiotics

*=Whole-grain item / ^=Item contains pork
Menu subject to change based on availability and quality of food items

Breakfast Buzz

Each morning, stop by the cafeteria for a brain-boosting breakfast. Did you know that school breakfast provides important nutrients such as vitamins and minerals?

