

Breakfast Menu

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 *Whole Grain Cereal, Whole Grain Bites (400) 1% White Milk (380) Fat Free White Milk (20)	2 Breakfast Cheese Tamal (300) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (150) 1% White Milk (383) Fat Free White Milk (23)
5 Pumpkin Muffin (150) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (300) 1% White Milk (383) Fat Free White Milk (23)	6 *Chicken & Waffle (400) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (50) Vegetarian Breakfast (2) 1% White Milk (384) Fat Free White Milk (23)	7 *Pan Dulce (50) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (50) 1% White Milk (85) Fat Free White Milk (5)	8 *Whole Grain Cereal, Whole Grain Bites (400) 1% White Milk (380) Fat Free White Milk (20)	9 *Bean & Cheese Burrito (250) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (150) 1% White Milk (340) Fat Free White Milk (20)
12	13 *Chicken Sausage Biscuit (100) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (300) Vegetarian Breakfast (2) 1% White Milk (342) Fat Free	14 Apple Turnover (30) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (60) 1% White Milk (77) Fat Free White Milk (5)	15 *Whole Grain Cereal, Whole Grain Bites (400) 1% White Milk (380) Fat Free White Milk (20)	16 *French Toast Stix (300) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (100) 1% White Milk (340) Fat Free White Milk (20)
19	20	21	22	23
26 *Coffee Cake (350) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (100) 1% White Milk (383) Fat Free White Milk (23)	27 *Turkey Sausage Breakfast Sandwich (30) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (300) Vegetarian Breakfast (2) 1% White Milk (282) Fat Free	28 CoCo Cherry Soft Baked Bar, String Cheese (20) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (60) 1% White Milk (68) Fat Free White Milk (4)	29 *Whole Grain Cereal, Whole Grain Bites (400) 1% White Milk (380) Fat Free White Milk (20)	30 Breakfast Cheese Tamal (200) Whole Grain Cereal, Whole Grain Bites, Dried Fruit (200) 1% White Milk (340) Fat Free White Milk (20)

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.

