



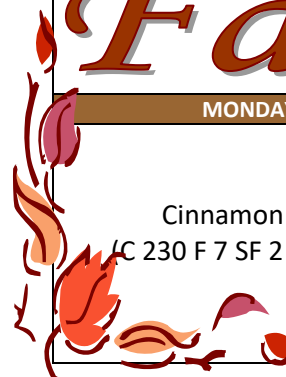
Get off to a Good Start



# November 2018

..... Eat Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>C=Calories</b> <b>F=Fat</b> <b>SF=Saturated Fat</b> <b>CHO=Carbohydrates</b></p>	<p><b>CHOICE OF: 1% WHITE MILK</b> <b>NONFAT CHOCOLATE MILK</b> <b>NONFAT STRAWBERRYMILK</b> <b>SERVED DAILY</b> *All grains served are Whole Grain Rich (WGR)</p>	<p><b>CHOICE OF CEREAL OFFERED DAILY</b> <b>CHOICE OF MILK AND JUICE AND FRESH FRUIT</b> <b>SERVED WITH EACH BREAKFAST</b></p> 	<p>1 Sausage Breakfast Biscuit (C 172 F 7.8 SF 2.7 CHO 17.7)</p>	<p>2 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>5 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>6 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>7 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>8 Dutch Waffles (C 300 F 13 SF 3 CHO 43)</p>	<p>9 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p><b>MONDAY</b> <b>Veterans Day</b> 12</p> 	<p><b>TUESDAY</b> 13 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p><b>WEDNESDAY</b> 14 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p><b>THURSDAY</b> 15 Mini Pancakes (C 200 F 6 SF 1 CHO 34)</p>	<p><b>FRIDAY</b> 16 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p><b>MONDAY</b> 19</p> <h1>Fall Recess</h1>			<p><b>THURSDAY</b> 22 <b>HAPPY THANKSGIVING!</b></p> 	<p><b>FRIDAY</b> 23</p> 
<p>26 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>27 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>28 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>29 Breakfast Pizza (C 210 F 7 SF 2 CHO 26)</p>	<p>30 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>



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Menu subject to change without notice