

## November 2018

### AASD Secondary School Breakfast Menu

Thursday	1	Sausage, Egg and Cheese Sandwich
Friday	2	Waffles with Bacon
Monday	5	Rainbow Glazed Donuts
Tuesday	6	Sausage, Egg, and Cheese on a Bagel
Wednesday	7	Breakfast Pizza
Thursday	8	Ham, Egg and Cheese on a Croissant
Friday	9	Pancakes with Bacon
Monday	12	NO SCHOOL – VETERANS DAY
Tuesday	13	Ham, Egg, and Cheese on a Bagel
Wednesday	14	Breakfast Wrap
Thursday	15	Sausage, Egg and Cheese Sandwich
Friday	16	Waffles with Bacon
Monday	19	Rainbow Glazed Donuts
Tuesday	20	Sausage, Egg, and Cheese on a Bagel
Wednesday	21	Breakfast Pizza
Thursday	22	NO SCHOOL - THANKSGIVING
Friday	23	NO SCHOOL
Monday	26	NO SCHOOL
Tuesday	27	Ham, Egg, and Cheese on a Bagel
Wednesday	28	Breakfast Wrap
Thursday	29	Sausage, Egg and Cheese Sandwich
Wednesday	30	Waffles with Bacon

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

**Alternative Breakfast Entrée:** Assorted Cereal with Toast or Assorted Poptarts with Toast.

**Whole grain cereal selection may include:** Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms and Honey Nut Cheerios.

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**What is a Meal?** You must choose at least 3 items. One must be a ½ cup of fruit.

**What is an Item?** Grain, Protein, Choice of Fruit, or Choice of Milk

**Daily fruit selections may include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% fruit juice.

**Breakfast Prices:** Student \$1.00. Reduced \$0.30. Adult \$2.10.

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