



BREAKFAST

NOVEMBER 2018

Las Américas ASPIRA Academy

Monday

Tuesday

Wednesday

Thursday

Friday



5
Egg & Cheese English Muffin Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

6
Cinnamon Turnover
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

7
Egg and Cheese Croissant Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

8
Breakfast Bowl
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

9
Whole Grain Donut
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

12
No School

13
Egg and Cheese Biscuit Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

14
Breakfast Pizza
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

15
No School

16
No School

19
No School

20
No School

21
No School

22
No School

23
No School

26
Sausage and Cheese Biscuit Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

27
Strawberry Bagelful
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

28
Egg & Cheese Bagel Sandwich
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

29
Breakfast Burrito
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

30
Dutch Waffle
Fresh Apple Slices
Applesauce Cup
100% Apple Juice
100% Orange Juice
Fruit Variety
Milk Variety

- Daily Entrées include: Banana/Blueberry Bread, Oatmeal Bar, Muffins, Cereal Variety, French Toast Sticks with Syrup, and Honey WW Breakfast Bun
- Fruit Variety includes daily options of apples, bananas, oranges, and seasonal fruits that will be provided from local farms
- Milk Variety includes 1 % White, Non-Fat Chocolate, and Non-Fat Strawberry options
- Menu subject to change without notice

