



Breakfast Menu

November, 2018

More info...

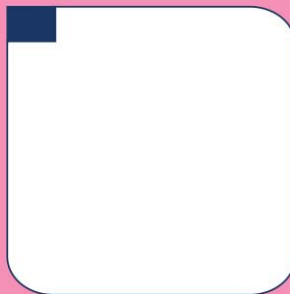
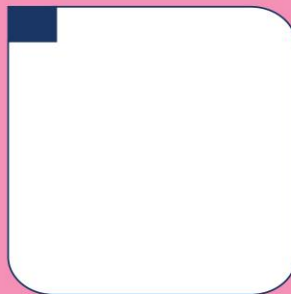
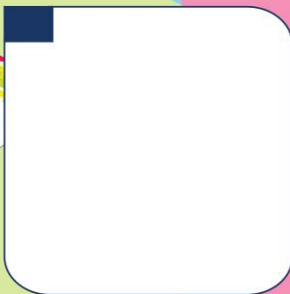
Students must select a minimum of 3 food items to make a meal.

Choice of Milk:

1% Fat Free or
Fat Free Chocolate Milk

More info...

A parent/guardian of any student with a food allergy should feel free to contact the Food Service Director at:
(708)-484-5773



01
Yogurt
Graham Snack
Fruit Juice
Fresh Banana

02
Cinnamon Chex
String Cheese
Apple Juice
Craisins

05
No School

06
No School

07
NG Bar
Cheese Stick
Orange Juice
Fresh Banana

08
Yogurt
Graham Snack
Fruit Juice
Fresh Apple

09
Golden Grahams
String Cheese
Apple Juice
Craisins

12
Nutri Grain Bar
String Cheese
Fruit Juice
Fresh Apple

13
Muffin
String Cheese
Apple Juice
Fresh Pear

14
Golden Grahams
String Cheese
Orange Juice
Fresh Banana

15
Yogurt
Graham Snack
Fruit Juice
Fresh Apple

Muffin
String Cheese
Apple Juice
Craisins

19
Frosted Mini
Wheat
String Cheese
Fruit Juice
Fresh Apple

20
Mini Strawberry
Cheese Bagel
Apple Juice
Fresh Apple

21
Thanksgiving
Holiday

22
Thanksgiving
Holiday

23
Thanksgiving
Holiday

26
Cinnamon Chex
String Cheese
Fruit Juice
Fresh Apple

27
Cinnamon Riasin
Bagel
w/ Cream Cheese
Apple Juice
Fresh Pear

28
Blueberry Nutri
Grain Bar
String Cheese
Orange Juice
Fresh Banana

29
Golden Grahams
Yogurt
Fruit Juice
Fresh Apple

30
Muffin
String Cheese
Apple Juice
Craisins



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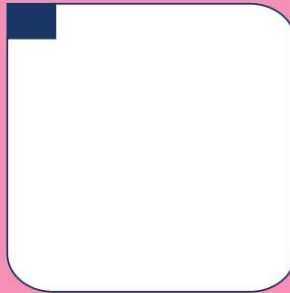
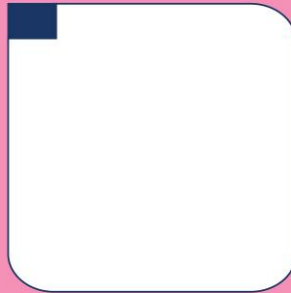
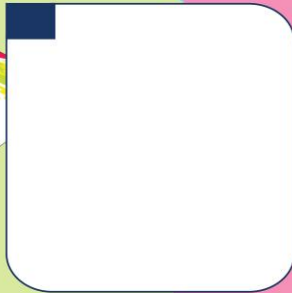


Desayuno Menú

Novembre de 2018

Más información...
Los estudiantes deben seleccionar un mínimo de 3 alimentos para hacer una comida.
Elección de leche:
1% sin grasa o
Chocolate sin grasa

Más información...
Un padre / tutor de cualquier estudiante con alergia a los alimentos debe contactar al Director del Servicio de Alimentos al:
(708) -484-5773



01
Yogur
Galletas graham
Jugo de frutas
Manzana fresca

02
Cinnamon Chex Cereal
Queso de hebra
Jugo de manzana
Craisins

05
No hay clases

06
No hay clases

07
NG Bar
Queso de hebra
Jugo de naranja
plátano fresco

08
Yogur
Galletas graham
Zum de frutas
Manzana fresco

09
Grahams de oro
Queso de hebra
Jugo de manzana
Craisins

12
NG Bar
Queso de hebra
Jugo de frutas
Manzana fresca

13
Muffin
Queso de hebra
Jugo de manzana
Pera fresca

14
Grahams de oro
Queso de hebra
Jumo de naranja
plátano fresco

15
Yogur
Galletas graham
Jugo de frutas
Manzana fresca

16
Muffin
Queso de hebra
Jugo de manzana
Craisins

19
Mini Trigos Helados
Queso de hebra
Jugo de frutas
Manzana fresca

20
Mini bagel de fresas y queso
Zum de frutas
Pera fresco

21
Día de Gracias

22
Día de Gracias

23
Día de Gracias

26
Canela chex
Queso de hebra
Jugo de frutas
Manzana fresca

26
Bagel de pasas de canela con queso crema
Jugo de manzana
Pera fresca

27
Barra de Nutrigrain
Queso de hebra
Jugo de naranja
plátano fresco

28
Grahams de oro
Yogur
Zum de frutas
Manzana fresco

29
Muffin
Queso de hebra
Jugo de manzana
Craisins



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