

**Health-e  
LIVING**



Lammersville Unified School District

# November

2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

04  
Cold Cereal & Grahams  
or  
Cinnamon Roll  
*Variety Fruit  
Fruit Juice*

05  
Cold Cereal & Grahams  
or  
Mini Cinnis  
*Variety Fruit  
Fruit Juice*

06  
Cold Cereal & Grahams  
or  
Breakfast Tornado  
*Variety Fruit  
Fruit Juice*

07  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

08  
Cold Cereal & Grahams  
or  
Strawberry Smoothie  
& Goldfish Grahams  
*Variety Fruit & Juices*

09  
Cold Cereal & Grahams  
or  
Mini Cinnis  
*Variety Fruit  
Fruit Juice*

10  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

11  
Cold Cereal & Grahams  
or  
Breakfast Tornado  
*Variety Fruit  
Fruit Juice*

12  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

13  
Cold Cereal & Grahams  
or  
Strawberry Smoothie  
& Goldfish Grahams  
*Variety Fruit & Juices*

14  
**NO SCHOOL**  
**VETERAN'S DAY**

15  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

16  
Cold Cereal & Grahams  
or  
Sausage & Cheese Biscuit  
*Variety Fruit & Juices*

17  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

18  
Cold Cereal & Grahams  
or  
Mini Bagel w/Cream Cheese  
*Variety Fruit & Juices*

19  
**NO SCHOOL THANKSGIVING BREAK**

20  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

21  
Cold Cereal & Grahams  
or  
Breakfast Tornado  
*Variety Fruit  
Fruit Juice*

22  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

23  
Cold Cereal & Grahams  
or  
Strawberry Smoothie  
& Goldfish Grahams  
*Variety Fruit & Juices*

24  
Cold Cereal & Grahams  
or  
French Toast Sticks  
*Variety Fruit  
Fruit Juice*

25  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

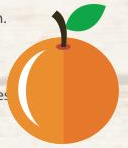
26  
Cold Cereal & Grahams  
or  
Breakfast Tornado  
*Variety Fruit  
Fruit Juice*

27  
Cold Cereal & Grahams  
or  
Breakfast Pizza  
*Variety Fruit  
Fruit Juice*

28  
Cold Cereal & Grahams  
or  
Sausage Pancake on a Stick  
*Variety Fruit & Juices*

## InSeason! Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are now over 600 varieties of oranges worldwide.



Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (60°F - 84 °F).

## Announcements

### Menu Subject to Change

All Meals include White 1% or Chocolate non-fat Milk

The USDA and the CDE are equal opportunity providers and employers.

## Meal Prices

**Breakfast: \$1.25**  
**Reduced Price: \$0.25**

On-Line Payments can be made at  
[www.EZSchoolPay.com](http://www.EZSchoolPay.com)