

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal/Toast 1 Fruit Choice Juice Choice Milk	Frudel Bar 2 Fruit Choice Juice Choice Milk	Biscuits 3 Gravy or Jelly Fruit Choice Juice Choice Milk	French Toast Sticks 4 Fruit Choice Juice Choice Milk	Egg/Toast 5 Fruit Choice Juice Choice Milk
Cereal/Toast 8 Fruit Choice Juice Choice Milk	Cinnamon Roll 9 Fruit Choice Juice Choice Milk	Pancake on a Stick 10 Fruit Choice Juice Choice Milk	Breakfast Sandwich 11 Fruit Choice Juice Choice Milk	Egg Taco 12 Fruit Choice Juice Choice Milk
Muffin Choice 15 Fruit Choice Juice Choice Milk	Cereal/Toast 16 Fruit Choice Juice Choice Milk	Pancakes 17 Fruit Choice Juice Choice Milk	Breakfast Pizza 18 Fruit Choice Juice Choice Milk	No School Teacher In-Service 19
Cereal/Toast 22 Fruit Choice Juice Choice Milk	Frudel Bar 23 Fruit Choice Juice Choice Milk	Yogurt Parfait 24 Fruit Choice Juice Choice Milk	No School 25 Thanksgiving	No School 26 Thanksgiving Break
Cereal/Toast 29 Fruit Choice Juice Choice Milk	Assorted Donuts 30 Fruit Choice Juice Choice Milk			

Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. Grains are at least 51% whole grain.

Milk is low-fat or fat free plain or fat free flavored

Must choose 3 items, one being fruit or veggie, to count as a complete breakfast.

Fresh and/or canned fruits and 100% fruit juices are offered every day.

Cold cereal is offered every day

