



November

2016

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... Breakfast for students \$1.00 Available Daily: Hot Egg, Cheese and sausage SDW Assorted WG Breakfast Cereals WG Bagels Low fat Yogurts All breakfast meals must include a fruit and or a 100% fruit juice Questions? Please Contact Barbara Stabile, Food Service Director with Aramark 274-4144 Menus are subject to change without notice.
	1 Egg & Cheese Sandwich on a WG Roll Apple Juice Mixed Fruit Low fat milk	2 French Toast Sticks String Cheese Fruit Cup Orange juice Low fat Milk	3 Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	4 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	
7 Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	8 Election Day Superintendent's Conference Day Schools Closed To Students	9 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	10 French Toast Sticks String Cheese Fruit Cup Orange juice Low fat Milk	11 Veteran's day Schools Closed	
14 Mini Pancakes String cheese Cinnamon Applesauce Fruit juice Low fat milk	15 French Toast Sticks Maple Syrup Sausage Diced Pears Orange juice Low fat Milk	16 Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	17 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	18 Mini Pancakes String cheese Orange juice Fruit Cup Low fat milk	
21 Egg Omelet Hash browns Orange Juice Sliced Pears Low fat milk	22 Cheese Toast Bagel Fruit Cup Apple Juice Low fat Milk	23 Mini Cinnamon Buns String Cheese Fresh Fruit Juice Low fat milk	24 Thanksgiving Recess Schools Closed	25	
28 Mini Pancakes with String Cheese Apple juice Fruit Cup Low fat milk	29 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	30 Egg Omelet Hash browns Orange Juice Sliced Pears Low fat milk	Did you know that if you are on the free or reduced meal program for lunch, you are entitled to the same meal benefit at breakfast? So start your day with a healthy, delicious breakfast in your cafeteria!		