

30
Cherry Frudel

side items
Fresh Apple, Pineapple
100% Fruit Juice, Low-Fat Milk

31
Apple Cinnamon Muffin w/ String Cheese

side items
Fresh Pear, Craisins
100% Fruit Juice, Low-Fat Milk

1
French Toast Benefit Bar

side items
Fresh Apple, Pineapple
100% Fruit Juice, Low-Fat Milk

2
Sausage Breakfast Pizza

side items
Fresh Pear, Craisins
100% Fruit Juice, Low-Fat Milk

3
Cinnamon Granola Round w/ Cheese Stick

side items
Fresh Apple, Pineapple
100% Fruit Juice, Low-Fat Milk

6
Cinnamon Toast Breakfast Bar w/ String Cheese

side items
Grapes, Mixed Fruit

7
Blueberry Muffin w/ String Cheese

side items
Fresh Apple, Raisins
100% Fruit Juice, Low-Fat Milk

8
Cinnamon Granola Round w/ Cheese Stick

side items

9
Trix Cereal Bar w/ String Cheese

side items
Fresh Apple, Raisins
100% Fruit Juice, Low-Fat Milk

10
No School Veteran's Day

side items

13
English Muffin w/ Jelly

side items
Grapes, Mixed Fruit
100% Fruit Juice, Low-Fat Milk

14
Cinni Minis

side items
Banana, Diced Peaches
100% Fruit Juice, Low-Fat Milk

15
Apple Bosco Stick

side items
Orange Wedges, Craisins
100% Fruit Juice, Low-Fat Milk

16
Banana Benefit Bar

side items
Banana, Diced Peaches
100% Fruit Juice, Low-Fat Milk

17
Apple Cinnamon Muffin w/ String Cheese

side items
Orange Wedges, Craisins
100% Fruit Juice, Low-Fat Milk

20
Apple Frudel

side items
Fresh Apple, Diced Pears
100% Fruit Juice, Low-Fat Milk

21
Blueberry Bagel w/ Cream Cheese

side items
Applesauce, Raisins
100% Fruit Juice, Low-Fat Milk

22
French Toast Benefit Bar

side items
Fresh Apple, Diced Pears
100% Fruit Juice, Low-Fat Milk

23
No School Thanksgiving

side items

24
No School

side items

27
Oat Raisin Benefit Bar

side items
Banana, Applesauce
100% Fruit Juice, Low-Fat Milk

28
Blueberry Muffin w/ String Cheese

side items
Orange Wedges, Raisins
100% Fruit Juice, Low-Fat Milk

29
Cinnamon Raisin Bagel w/ Cream Cheese

side items
Banana, Applesauce
100% Fruit Juice, Low-Fat Milk

30
Trix Cereal Bar w/ String Cheese

side items
Orange Wedges, Raisins
100% Fruit Juice, Low-Fat Milk

1
English Muffin w/ Jelly

side items
Banana, Applesauce
100% Fruit Juice, Low-Fat Milk



Donna Humphries
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Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

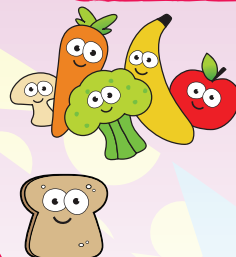
Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Menu Subject to Change:

Available Daily:

Assorted Cereals & Whole Grain Breakfast Bars



Milk:
1% Plain, Chocolate & Coffee Skim Milk