



November 2019 Breakfast/Snack Menu

	Mon	Tue	Wed	Thu	Fri	Sat
				Cereal (wg) Peaches Milk <hr/> Oranges Milk	1 (wg) French Toast Sticks Apple Sauce Milk <hr/> Muffins (w) Peaches/Milk	2
3	4 Cereal (wg) Apple Sauce Milk <hr/> Peaches Milk	5 (wg) Muffins Apple Sauce Milk <hr/> (wg) Cheese and Crackers Pineapple Milk	6 (wg) French Toast Sticks Pineapples Milk <hr/> Chex mix (w) Pineapples Milk	7 Cereal (wg) Oranges Milk <hr/> Mixed Fruit Milk	8 French Toast Sticks (wg) Mixed Fruit Milk <hr/> Peaches Milk	9
10	11 NO SCHOOL	12 (wg) French Toast Peaches Milk <hr/> Apple Sauce Milk	13 Cereal (wg) Pineapples Milk <hr/> Apple Slices Milk	14 (wg) muffins Apple Sauce Milk <hr/> ChexMix (wg) Mixed Fruit Milk	15 (wg) Cereal Pineapples Milk <hr/> (w)Muffins Pineapples Milk	16
17	18 Oatmeal (wg) Peaches Milk <hr/> Apple Slices Milk	19 Cereal (wg) Applesauce Milk <hr/> (wg) Muffins Peaches Milk	20 (wg) French Toast Peaches Milk <hr/> Chex mix (wg) Pineapples Milk	21 Cereal (wg) Mixed Fruit Milk <hr/> Chex Mix (w) Apple Sauce Milk	22 (wgr) Oatmeal Pineapples Milk <hr/> Applesauce Milk	23
24	25 Cereal (wg) Pineapples Milk <hr/> (w) Cheese & Crackers Apple sauce Milk	26 (wg) Waffles Peaches Milk <hr/> Apple Sauce Milk	27 (wg) Cereal Oranges Milk <hr/> (wg) Muffins Peaches Milk	28 NO SCHOOL	29 NO SCHOOL	30

Substitute Menu consists of: (WG) Cereal, 1% milk and 100% fruit juice.
 USDA is an equal opportunity provider and employer.

This menu is subject to change!!!!

Cereals: Cheerios (Wholegrain), Chex, Kix, Honey Bunches of oats, Corn Flakes

100% Fruit Juice: Apple Juice, White Grape Peach, Very Berry, Orange

(WG) : Whole Grain (WGR) Whole Grain Rich 1% White Milk