



Monday

Tuesday

Wednesday

Thursday

Friday

		1 Whole Wheat English Muffin Sandwich with Egg, Sausage & Cheese Fresh Cut Kiwi	2 Whole Wheat French Toast Served with Local Maple Syrup Grilled Honey Ham Banana	3 Assorted Cereal Assorted Yogurt Fresh Cut Cantaloupe
6 Toasted Whole Wheat English Muffin with PB & J or Cream Cheese Assorted Yogurt Clementine	7 Scrambled Eggs Whole Wheat Toast Bacon Fresh Cut Apples	8 Plain or Whole Wheat Chocolate Chip Pancake Served with Local Maple Syrup Grilled Honey Ham Blueberries	9 Chef Deb's Home Made Banana Bread Fruit Yogurt Smoothie Fresh Cut Pineapple	10 NO SCHOOL VETERAN'S DAY
13 Chef Deb's Home Made Muffins Fruit Yogurt Smoothie Fresh Cut Pears	14 Plain or Whole Wheat Blueberry Pancake Served with Local Maple Syrup Sausage Fresh Cut Peaches	15 Breakfast Pizza Scrambled Eggs, Bacon, Ham & Cheese on Whole Wheat Pizza Crust Fresh Cut Pineapple	16 Assorted Fruit Pastries Assorted Yogurt Fresh Cut Strawberries	17 Assorted Cereal Fruit Yogurt Smoothie Fresh Mixed Fruit
20 Cheesy Scrambled Eggs Whole Wheat Toast Sausage Fresh Cut Watermelon	21 2 Hour Delay No Breakfast	22 NO SCHOOL THANKSGIVING RECESS	23 NO SCHOOL THANKSGIVING RECESS	24 NO SCHOOL THANKSGIVING RECESS
27 Scrambled Eggs Whole Wheat Toast Hash Brown Sausage Fresh Cut Oranges	28 "Hot Pocket" with Egg, Ham & Cheese Fresh Cut Papaya	29 Whole Wheat Bagel Thin with Egg, Sausage & Cheese Fresh Cut Mango	30 Toasted Whole Wheat English Muffin with PB & J, or Cream Cheese Assorted Yogurt Grapes	

Snack Milk or Juice - \$0.50

Breakfast - \$1.90 (Milk or Juice Included)

Lunch - \$2.60 (Milk or Juice Included)

Drink Choices: Fat Free Skim Milk,

Low Fat Milk (White, Chocolate-Friday's Only)

Juice (Orange, Cranberry, Grape, Apple)

Alternative Lunches Available:

Deli Meats & Cheese on Multi Grain Bread

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