






NOVEMBER 2018 MID-HS BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>YOGURT/FRUIT SMOOTHIES YOGURT/FRUIT PARFAITS GRAB N'GO OFFERED DAILY!</p>			<p>1</p> <p>YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES</p>	<p>2</p> <p>BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES</p>
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<p>5</p> <p>WG WAFFLE STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES</p>	<p>6</p> <p>WHOLE GRAIN PUMPKIN MUFFINS FRUIT, JUICE AND MILK CHOICES</p>	<p>7</p> <p>CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES</p>	<p>8</p> <p>BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p>	<p>9</p> <p><u>NO SCHOOL TODAY!</u> <u>TEACHER INSERVICE!</u></p>
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<p>12</p> <p><u>VETERAN'S DAY!</u> <u>NO SCHOOL TODAY!</u></p>	<p>13</p> <p>BREAKFAST BURRITO WITH EGG, HAM AND CHEESE FRUIT, JUICE AND MILK CHOICES</p>	<p>14</p> <p>BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES</p>	<p>15</p> <p>STUFFED FRENCH TOAST CASSEROLE W/SYRUP FRUIT, JUICE AND MILK CHOICES</p>	<p>16</p> <p>BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES</p>
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<p>19</p> <p>FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES</p>	<p>20</p> <p>CHEESE OMELETTE WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES</p>	<p>21</p> <p><u>NO SCHOOL!</u></p> 	<p>22</p> <p><u>NO SCHOOL!</u></p> 	<p>23</p> <p><u>NO SCHOOL!</u></p> 
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
<p>26</p> <p>WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES</p>	<p>27</p> <p>SCRAMBLED EGGS, SAUSAGE AND TOAST FRUIT, JUICE AND MILK CHOICES</p>	<p>28</p> <p>BREAKFAST PIZZA WITH BACON, EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p>	<p>29</p> <p>BREAKFAST SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES</p>	<p>30</p> <p>WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES</p>
CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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