







NOVEMBER 2019 MMS-MHS BREAKFAST

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