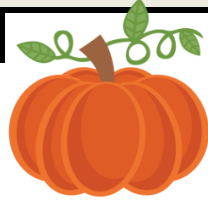



NOVEMBER 2021 MID-HS BREAKFAST

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	CINNAMON GLAZED FRENCH TOAST FRUIT, JUICE AND MILK CHOICES	2	YOGURT, FRUIT & GRANOLA PARFAIT FRUIT, JUICE AND MILK CHOICES	3	SCRAMBLED EGGS WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	4	CHOC CHIP PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES	5	WG CINNAMON ROLL WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
8	BREAKFAST SANDWICH W/HAM, EGG & CHEESE FRUIT, JUICE AND MILK CHOICES	9	BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	10	BREAKFAST PIZZA WITH SAUSAGE TOPPING FRUIT, JUICE AND MILK CHOICES	11	<u>VETERAN'S DAY</u> <u>NO SCHOOL TODAY</u>	12	<u>TEACHER WORKSHOP</u> <u>NO SCHOOL TODAY</u>
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
15	FRENCH TOAST STICKS WITH SYRUP FRUIT, JUICE AND MILK CHOICES	16	SCRAMBLED EGGS WITH SAUSAGE & TOAST FRUIT, JUICE AND MILK CHOICES	17	BREAKFAST PIZZA WITH SAUSAGE, EGG & TOAST FRUIT, JUICE AND MILK CHOICES	18	CROISSANT SANDWICH WITH HAM EGG AND CHEESE FRUIT, JUICE AND MILK CHOICES	19	DONUT HOLES WITH ICING FRUIT, JUICE AND MILK CHOICES
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
22	WG BAGEL WITH CREAM CHEESE FRUIT, JUICE AND MILK CHOICES	23	CONFETTI PANCAKES WITH SYRUP FRUIT, JUICE AND MILK CHOICES	24	<u>NO SCHOOL!</u>	25	<u>NO SCHOOL!</u> <u>THANKSGIVING!</u>	26	<u>NO SCHOOL!</u>
CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST		CEREAL & TOAST	
29	PANCAKE & SAUSAGE STACKER FRUIT, JUICE AND MILK CHOICES	30	PUMPKIN MUFFIN FRUIT, JUICE AND MILK CHOICES					<u>SMOOTHIES</u> <u>YOGURT PARFAITS</u> <u>GRAB-N-GO</u> <u>OFFERED DAILY</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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!