

NOVEMBER

ELEMENTARY BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1 BREAKFAST BAR OR FRUIT FILLED FRUDEL 36	2 CHICKEN BISCUIT41 OR BREAKFAST BAR	3 WAFFLES30 W/SYRUP20 OR BREAKFAST BAR	4 SAUSAGE BISCUIT28 OR BREAKFAST BAR	5 BISCUIT 28AND GRAVY 9 OR BREAKFAST BAR
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE/CEREAL				
8 PANCAKE AND SAUSAGE ON A STICK22 OR BREAKFAST BAR	9 RICE KRISPIE CEREAL BAR27 OR BREAKFAST BAR	10 CHICKEN BISCUIT41 OR BREAKFAST BAR	 VETERANS DAY	12 BISCUIT 28AND GRAVY 9 OR BREAKFAST BAR
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE/CEREAL				
15 SCRAMBLED EGGS0 AND TOAST14 OR BREAKFAST BAR	16 SAUSAGE BISCUIT28 OR BREAKFAST BAR	17 CINNAMON TASTRY38 OR BREAKFAST BAR	18 CHICKEN BISCUIT41 OR BREAKFAST BAR	19 BISCUIT 28AND GRAVY 9 OR BREAKFAST BAR
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE/CEREAL				
22 PILLSBURY MINI PANCAKES34 OR BREAKFAST BAR	23 BISCUIT 28AND GRAVY 9 OR BREAKFAST BAR		 THANKSGIVING DAY	
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE/CEREAL				
29 SAUSAGE BISCUIT28 OR BREAKFAST BAR	30 SCRAMBLED EGGS0 AND TOAST14 OR BREAKFAST BAR	“ THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.” Subject to change.	milk 1% 11 skim 11 choc 27% <sugar ff 20 CEREAL 20 JUICE 15	
CHOICE OF FAT FREE 27% LESS SUGAR CHOC, 1% UNFLAVORED OR SKIM MILK/FRESH FRUIT/JUICE/CEREAL				

