



Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Student Breakfast

\$1.90

Adult Breakfast

\$2.50

Reduced Breakfast

\$0.30

take time for
**school
BREAKFAST**



NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!



Monday	Tuesday	Wednesday	Thursday	Friday
	Try to fill at least half your plate with fruits and vegetables!			
		1 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	2 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	3 Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
6 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	7 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	8 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	9 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	10 Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
13 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	14 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	15 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	16 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	17 Bagel w/ Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
20 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	21 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	22 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	23 School Closed	24 
27 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	28 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	29 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection	30 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection	

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MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"