

# November

## BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>hot omelet w/ cheese (vg)</li> <li>lemon muffin (vg)</li> <li>apple cinna-grins cereal (df) (vg)</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>hot buenos dias breakfast burrito</li> <li>yogurt/dick and janes smart crackers (vg)</li> <li>cold english muffin with turkey and cheese</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li><b>*NEW*</b> hot classic chicken sausage and cheddar bagel sandwich</li> <li>breakfast cinnamon crumble (vg)</li> <li>rf honey buttons cereal (vg) (df)</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>dipper doodle bar (vg) (df)</li> <li>blueberry burst whole grain bagel/cream cheese (vg)</li> </ul> <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> <li>yogurt/granola (vg)</li> <li>rf flurries cereal (df) (vg)</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>hot pancakes w/ syrup (vg)</li> <li>french toast muffin (vg)</li> <li>jumpstart breakfast: mini dipperdoodle /string cheese/</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>hot egg and sausage quesadilla</li> <li>plain whole wheat bagel/cream cheese (vg)</li> <li>rf honey buttons cereal (vg) (df)</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>hot english muffin with turkey and cheese</li> <li>blueberry muffin</li> <li>zac omega bar blackberry (df)</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>cinnamon duo: skeeter cinnamon (vg)</li> <li>grahams/cinnamon rumbles</li> <li>rf flurries cereal (df) (vg)</li> </ul> <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> <li>zac omega bar strawberry (df)</li> <li>rf cocoa bops cereal (df)</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li><b>*NEW*</b> hot classic chicken sausage and cheddar bagel sandwich</li> <li>blueberry burst whole grain bagel/cream cheese (vg)</li> <li>breakfast cinnamon crumble (vg)</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>hot omelet w/ cheese (vg)</li> <li>autumn spice muffin (seasonal) (vg)</li> <li>string cheese/skeeter cinn grahams (vg)</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>hot breakfast burrito (vg)</li> <li>apple cinna-grins cereal (vg)(df)</li> <li>dipper doodle bar (df) (vg)</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>lemon muffin (vg)</li> <li>cold english muffin with turkey and cheese</li> </ul> <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> <li>yogurt/dick and janes smart crackers (vg)</li> <li>jumpstart breakfast: mini dipperdoodle /string cheese (vg)</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>hot waffles with syrup (vg)</li> <li>rf cocoa bops cereal (df)</li> <li>plain whole wheat bagel/cream cheese (vg)</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li><b>*NEW*</b> hot southwest chicken chorizo and cheese bagel sandwich</li> <li>french toast muffin (vg)</li> <li>skeeter honey grahams/cinnamon rumbles (df)(vg)</li> </ul> <p style="text-align: right;">23</p>	<h2 style="color: red;">Thanksgiving Break</h2>	
<ul style="list-style-type: none"> <li>shelf stable rf flurries /cinnamon skeeters/shelf stable fruit/shelf stable milk (df)</li> <li>rf flurries cereal (df) (vg)</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>hot pancakes with syrup (vg)</li> <li>lemon muffin (vg)</li> <li>yogurt/granola (vg)</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>hot cinnamon toast bagel (vg)</li> <li>breakfast cinnamon crumble (vg)</li> <li>mini dipperdoodle /hard boiled egg (df) (vg)</li> </ul> <p style="text-align: right;">30</p>		

## What's New?

Introducing two **\*\*NEW\*\*** hot breakfast sandwiches:

Chicken Sausage & Cheddar Bagel. Look out for it on Nov. 3 and 5!

Spicy Chicken Chorizo Sausage & Cheese Bagel. Look of for it on Nov 23!

**Breakfast:** choice of % or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider.*

