


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(2) Whole Grain Pancakes 1 Fruit Milk	Breakfast Pizza 2 Fruit Milk	Whole Grain Bagel 3 Fruit Milk	Warm Cinnamon Roll 4 Yogurt Juice Milk
Whole Grain Cereal 7 Yogurt Fruit Milk	(2) Whole Grain Waffles 8 Fruit Milk	Breakfast Sandwich 9 Egg/Cheese on an English Muffin Fruit and Milk	Smuckers Crustless PB&J 10 Fruit Milk	Warm Cinnamon Roll 11 String Cheese Juice Milk
Whole Grain Cereal 14 String Cheese Fruit Milk	(2) Whole Grain Pancakes 15 Fruit Milk	(3) Breakfast Bites 16 Fruit Milk	Whole Grain Muffin 17 Fruit Milk	Warm Cinnamon Roll 18 Yogurt Juice Milk
Whole Grain Cereal 21 Yogurt Fruit Milk	(2) Whole Grain Waffles 22 Fruit Milk	Warm Cinnamon Roll 23 String Cheese Juice Milk	HAPPY THANKSGIVING 24	NO SCHOOL 25
Whole Grain Cereal 28 String Cheese Fruit Milk	(2) Whole Grain Pancakes 29 Fruit Milk	(4) French Toast 30 Sticks Fruit Milk	<div data-bbox="1348 1091 1852 1258" style="border: 1px solid black; padding: 10px;"> <p>BREAKFAST FACT</p> <p>People who eat breakfast are less likely to be overweight.¹</p> </div>	

NUTRITION TIP: Calcium and Bone Health

- Many children and especially teenage girls do not get the recommended amount of calcium their bodies need each day²
- **MyPlate** states: The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.³



School Information:

- Cost of Breakfast is \$1.45 and includes Milk
- Breakfast items are subject to change without notice.