

# November 2019

All meals include 8 oz. Of milk: 1% or skim. All meals include sandwich option. Breads & pizza will contain 50 % WG. Chocolate milk will be served Tuesday & Friday only. Salad Available everyday.

**Menu items are subject to change without notice.**

	Mon	Tue	Wed	Thu	Fri	Sat	
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		<p><b>Wednesday's I will be trying out new fun foods that we can order from our food distributor. I will post in the lunch room on Monday what I will be serving.</b></p>					
		4 Scrambled eggs Blueberry muffin Fresh Veggies Fresh fruit & Juice	5 Chicken gravy Potatoes / roll Fresh veggies & fruit Animal crackers	6 What's new Wednesday Fresh Veggies Fresh fruit	7 Nachos Grande Black beans Fresh Veggies Fresh Fruit	8 Pizza Hot Dish Yogurt Fresh veggies Fresh fruit	9
		11 Breakfast on a stick Peaches Fresh veggies Fresh fruit	12 Quesadilla Fresh fixings Black bean salsa Fresh veggies & fruit	13 What's new Wednesday Fresh Veggies Fresh fruit	14 Hot Dogs / bun Chips Fresh Veggies Fresh Fruit	15 Pizza String cheese Fresh veggies Fresh fruit	16
		18 French toast Sausage links Fresh veggies Fresh fruit & Juice	19 Mac-n-cheese Chicken nuggets Fresh veggies Fresh fruit	20 What's new Wednesday Fresh Veggies Fresh fruit	21 Hamburger W/ Bun French Fries Fresh veggies Fresh fruit	22 Pizza Hot Dish Yogurt Fresh veggies Fresh fruit	19 serving days Breakfast \$38.00 Lunch \$66.50 Red lunch \$ 0.00 Milk only \$ 9.50
		25 Cheese Omelet Sausage patty Fresh veggies Fresh fruit & Juice	26 Corn Dog Applesauce Fresh Veggies Fresh fruit	27 What's new Wednesday Fresh Veggies Fresh fruit	28	29	



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Breakfast includes an entrée, 1% or skim white milk, juice or fresh fruit, yogurt or cheese daily. Menu is subject to change

<p>For the month of November 2019          \$3.50per day, Breakfast \$2.00per day          19 serving days</p> <p>Breakfast        \$30.00          Lunch            \$50.00          Reduced lunch \$ 0.00          Milk only        \$10.00(.50)</p> <p>To apply for free or reduced price meals and /or to help our school qualify for additional funds and discounts an application for Free or Reduced lunch forms must be completed each year.</p>	<p>Breakfast Cereals Available everyday</p> <p>We have a variety of cold cereals made with whole grains and low in sugar.</p> <p>4 oz of yogurt          4 oz of fruit juice          4-6 oz of fresh / canned fruit</p> <p>1 stick of string cheese or          1 slice of low fat mild cheddar or American cheese</p>	<p><b>Breakfast is the most important meal of the day!</b></p> <p>Breakfast will be served daily from 7:20-7:40</p> <p>Studies out of the University of Minnesota &amp; Harvard Medical School show that students do better in class when they eat right before engaging in the learning process.</p>
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Chefs choice breakfast will be one of the following, pancakes, waffles, french toast sticks, omelets, breakfast wrap, or breakfast bar bagels are served with the choice of 2 TBSP of cream cheese, peanut butter, or jelly.

November	2019	Breakfast	Menu	
Mondays	Tuesdays	Wednesday	Thursday	Friday
Cold Cereal Cheese Juice and Fruit 1% or skim milk	Cinnamon roll Yogurt Juice and fruit 1% or skim milk	Cold Cereal Cheese Juice and fruit 1% or skim milk	Chefs choice breakfast Yogurt Juice and fruit 1% or skim milk	Cold Cereal Cheese Juice and Fruit 1% or skim milk