

November 2021

Middle/High Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

1
NUTRITION
BARS
FRUIT
MILK

2
COOK'S
CHOICE
FRUIT
MILK

3
YOGURT &
GRAHAM
CRACKERS
FRUIT
MILK

4
COOK'S
CHOICE
FRUIT
MILK

5
CEREAL
W/ GRAHAM
CRACKERS
FRUIT
MILK

8
NUTRITION
BARS
FRUIT
MILK

9
COOK'S
CHOICE
FRUIT
MILK

10
YOGURT &
GRAHAM
CRACKERS
FRUIT
MILK

11
**No
School**
VETERANS' DAY

12
CEREAL
W/ GRAHAM
CRACKERS
FRUIT
MILK

15
NUTRITION
BARS
FRUIT
MILK

16
COOK'S
CHOICE
FRUIT
MILK

17
YOGURT &
GRAHAM
CRACKERS
FRUIT
MILK

18
COOK'S
CHOICE
FRUIT
MILK

19
CEREAL
W/ GRAHAM
CRACKERS
FRUIT
MILK

22
NUTRITION
BARS
FRUIT
MILK

23
COOK'S
CHOICE
FRUIT
MILK

24
**No
School**

25

HAPPY
THANKSGIVING

26
**No
School**

29
NUTRITION
BARS
FRUIT
MILK

30
COOK'S
CHOICE
FRUIT
MILK

Did you know?

Elections are held in the United States on the Tuesday after the first Monday in November.

**BREAKFAST
&
LUNCH
IS FREE TO ALL
OUR STUDENTS!**

Breads are whole grain, wheat or whole grain white

Milk: 1% or Skim or Low-Fat Chocolate

**NO SCHOOL ON THE
11TH, 24TH, 25TH &
26TH**

**OTHER BREAKFAST
ENTREE OPTIONS:
CEREAL, YOGURT,
WG POP TARTS OR
OATMEAL**

Menu subject to change depending on availability of food product

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