

Made-from-scratch, wholesome meals

Produce fresh from local, organic farms where possible

Meets and exceeds USDA School Meal requirements

Meals crafted by true chefs & nutrition experts



FRESH
FOOD
FACTOR

November Breakfast Menu

■ 8th Grade

Choice of 1% Milk or Non Fat
Milk Served Daily With All
Breakfast

There are no pork products on this menu

Fresh Fruit or
Fruit Juice
Served Daily
With All
Breakfast

1
French Toast Sticks,
Fresh Fruit, Fruit
Juice

4

Cinnamon Toast
Crunch Cereal,
Cheese String,
Fresh Fruit, Fruit
Juice

5

Egg and Cheese
Muffin
Fresh Fruit, Fruit
Juice

6

Banana Muffin
Cheese String
Fresh Fruit, Fruit
Juice

7

Maple Pancake
Chicken Sausage
Sandwich
Fresh Fruit, Fruit
Juice

8

Cinnamon Rolls w/
Icing
Fresh Fruit, Fruit
Juice

11

No School

12

Breakfast Sausage
Sandwich
Fresh Fruit, Fruit
Juice

13

Blueberry Muffin,
Cheese String
Fresh Fruit, Fruit
Juice

14

Maple Pancake
Chicken Sausage
Sandwich
Fresh Fruit, Fruit
Juice

15

French Toast Sticks
Fresh Fruit, Fruit Juice

18

Cinnamon Toast
Crunch Cereal,
Cheese String,
Fresh Fruit, Fruit
Juice

19

Egg and Cheese
Muffin
Fresh Fruit, Fruit
Juice

20

Banana Muffin
String Cheese
Fresh Fruit, Fruit
Juice

21

Chicken Biscuit
Sandwich
Fresh Fruit, Fruit
Juice

22

Cinnamon Rolls w/
Icing
Fresh Fruit, Fruit
Juice

25

Cinnamon Toast
Crunch Cereal,
Cheese String,
Fresh Fruit, Fruit
Juice

26

Breakfast Sausage
Sandwich
Fresh Fruit, Fruit
Juice

27

Blueberry Muffin
Cheese String, Fresh
Fruit, Fruit Juice

28

Maple Pancake
Chicken Sausage
Sandwich
Fresh Fruit, Fruit
Juice

29

French Toast Sticks,
Fresh Fruit, Fruit
Juice



Fresh Food Factor: www.freshfoodfactor.org

This institution is an equal opportunity provider and employer. Menus are subject to change.