

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



# November Breakfast Menu

## ■ High School

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

<i>There are no pork products on this menu</i>	Fresh Fruit or Fruit Juice Served Daily With All Breakfast			1 French Toast Sticks, or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice
4 Yogurt w/ Granola or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice	5 Chicken and Maple Waffles or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice	6 Banana Muffin or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice	7 Grits w/ Butter, Turkey Sausage Link or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice	8 Cinnamon Rolls w/ Icing or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice
11 No School	12 Scrambled Eggs, Biscuit w/ Jelly or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice	13 Blueberry Muffin, or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice	14 Maple Pancake Chicken Sausage Sandwich or Cereal Choice Fresh Fruit, Fruit Juice	15 French Toast Sticks or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice
18 Yogurt w/ Granola, or Cereal Choice, string Cheese Fresh Fruit, Fruit Juice	19 Maple Pancake Chicken Sandwich or Cereal Choice Cheese String, Fresh Fruit, Fruit Juice	20 Banana Muffin or Cereal Choice, String Cheese Fresh Fruit, Fruit Juice	21 Grits w/ Butter, Turkey Sausage Link or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice	22 Cinnamon Rolls w/ Icing, or Cereal Choice, String Cheese Fresh Fruit, Fruit Juice
25 Chicken Maple Waffle or Cereal Choice Cheese String, Fresh Fruit, Fruit Juice	26 Scrambled Eggs, Biscuit w/ Jelly or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice	27 Blueberry Muffin or Cereal Choice Cheese String, Fresh Fruit, Fruit Juice	28 Maple Pancake Chicken Sandwich or Cereal Choice Cheese String, Fresh Fruit, Fruit Juice	29 French Toast Sticks, or Cereal Choice, Cheese String Fresh Fruit, Fruit Juice

