

NOVEMBER 2019

High School Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday 1
DI					Option 1: Bacon, Egg & Cheese Sandwich Option 2: Cereal Bar & Yogurt Cup Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk
	Option 1: Sausage & Pancakes w/ Maple Syrup Option 2: Wild Forest Blueberry Bread Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	Option 1: Yogurt & Granola Parfait Option 2: Bagel w/ Cream Cheese Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	Option 1: Scrambled Eggs, Bacon & Whole Grain Biscuit Option 2: Beef Sausage & Cheese Mini Bagel Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	Option 1: Cinnamon Glazed French Toast Option 2: Whole Wheat Banana Bread Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	No School 8
	Veteran's Day	Option 1: Pancake Sausage Stick Option 2: Bagel w/ Cream Cheese Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	Option 1: Scrambled Eggs, Hash Browns & Whole Grain Biscuit Option 2: Chicken Sausage Sandwich Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	Option 1: Cinnamon Glazed French Toast Option 2: Whole Wheat Zucchini Bread Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	Option 1: Bacon, Egg & Cheese Sandwich Option 2: Cereal Bar & Yogurt Cup Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk
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	Option 1: Beef Sausage Biscuit Option 2: Pumpkin Bread Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	Option 1: Pancake Sausage Stick Option 2: Bagel w/ Cream Cheese Option 3: Assorted General Mills Cereals Choice of Fresh Fruit or Juice & Milk	No School 27	Happy Thanksgiving! 28	No School 29