

Monday

Tuesday

Wednesday

Thursday

Friday



				1 WW Bagel Fruit & 100% Juice Milk	2 Cereal Fruit & 100% Juice Milk
5 Cereal Fruit & 100% Juice Milk	6 Fruit & Yogurt Parfaits 100% Juice Milk	7 WG Muffin Fruit & 100% Juice Milk	8 WW Bagel Fruit & 100% Juice Milk	9 Cereal Fruit & 100% Juice Milk	
12 <i>No School Veteran's Day Observance</i>	13 Cereal Fruit & 100% Juice Milk	14 WG Muffin Fruit & 100% Juice Milk	15 WW Bagel Fruit & 100% Juice Milk	16 Cereal Fruit & 100% Juice Milk	
19 Cereal Fruit & 100% Juice Milk	20 Fruit & Yogurt Parfaits 100% Juice Milk	21 WG Muffin Fruit & 100% Juice Milk	22 <i>No School Thanksgiving Recess</i>	23 <i>No School Thanksgiving Recess</i>	
26 Cereal Fruit & 100% Juice Milk	27 Fruit & Yogurt Parfaits 100% Juice Milk	28 WG Muffin Fruit & 100% Juice Milk	29 WW Bagel Fruit & 100% Juice Milk	30 Cereal Fruit & 100% Juice Milk	

- All breakfast meals include: 2 oz whole grains, ½ cup fruit & ½ cup 100% juice, and 8 fl oz low fat or fat-free milk
- Additional daily offerings change and may include: cereal, Nutrigrain bars, and assorted whole grain pastries or breads
- Contact Becky Fowler, Director of School Nutrition at [becky.fowler@stoningtonschools.org](mailto:becky.fowler@stoningtonschools.org) with any questions or concerns