

# Rawlins Middle School

## November Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chef Choice Cream Cheese Filled Bagel Yogurt Cup Fresh Veggie Fresh Fruit Chocolate Milk White Milk	2 Cheese Bites-Jalapeno Yogurt Cup Fresh Veggie Fresh Fruit Chocolate Milk White Milk	3 Boiled Egg Hashbrown Patty Cheese Stick Graham Snack Chilled Canned Fruit Chocolate Milk White Milk	4 Chef Choice Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk
7 Chef Choice Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk	8 Chef Choice Biscuit Sandwich Orange Slices Applesauce Cup Chocolate Milk White Milk	9 Chef Choice Yogurt Cup Fresh Fruit Graham Snack Craisins Chocolate Milk White Milk	10 Breakfast Pizza Sausage Canned Fruit Fresh Veggie Chocolate Milk White Milk	11 Chef Choice Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk
14 Chef Choice Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk	15 Chef Choice Pancake Wrap Fresh Veggie Yogurt Cup Chilled Canned Fruit Chocolate Milk White Milk	16 Chef Choice Breakfast Burrito Cheese Stick Chex Strawberry Yogurt Snack Fresh Veggie Fresh Fruit Chocolate Milk White Milk	17 Apple Cinnamon Muffin Yogurt Cup Fresh Veggie Canned Fruit Chocolate Milk White Milk	18 Chef Choice Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk
21 Chef Choice Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk	22 Chef Choice Apple Donut Orange Slices Applesauce Cup Goldfish Cracker Chocolate Milk White Milk	23 <b>No School Today</b> 	24 <b>No School Today</b> 	25 <b>No School Today</b> 
28 Chef Choice Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk	29 Chef Choice Mini Pancakes Fresh Veggie Yogurt Cup Chilled Canned Fruit Chocolate Milk White Milk	30 Chef Choice French Toast Sticks Fresh Veggie Fresh Fruit Chocolate Milk White Milk		

**This institution is an  
equal opportunity provider.**

**MENU SUBJECT TO  
CHANGE WITHOUT NOTICE**

**A variety of condiments  
available where applicable.**