


**KENNEDY HS (PREP) PREP Grades 6-12 Breakfast (Subject to Change) - Nov, 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
		Beef and Cheese Mini Bagel <sup>1</sup> Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Apple Slices Fruit Juice <b>Breakfast Milk Options</b> Milk Low Fat Milk NonFat Milk Lactose Free	Fiesta Bean and Cheese <sup>2</sup> Burrito FRESH SALSA Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Banana Fruit Juice <b>Breakfast Milk Options</b> Milk Low Fat Milk NonFat Milk Lactose Free	Cafe LA Coffee Cake <sup>3</sup> Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Fruit Fruit Juice <b>Breakfast Milk Options</b> Milk Low Fat Milk NonFat Milk Lactose Free
Morning Beef Sausage <sup>6</sup> Sandwich Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Apple Fruit Juice <b>Breakfast Milk Options</b> Milk Low Fat Milk NonFat Milk Lactose Free	Maple Waffle <sup>7</sup> FRESH APPLE CINNAMON TOPPING Prep TURKEY SAUSAGE QUESADILLA Prep Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fruit Juice Fresh Fruit <b>Breakfast Milk Options</b> Milk Low Fat Milk NonFat Milk Lactose Free	YOGURT FRESH FRUIT MIX <sup>8</sup> PARFAITCRACKERS Prep Deluxe Cereal Bowl Fresh Apple Slices Fruit Juice <b>Breakfast Milk Options</b> Milk Low Fat Milk NonFat Milk Lactose Free	Egg and Cheese Croissant <sup>9</sup> Sandwich Deluxe Cereal Bowl Yogurt 4 oz Food and Nutrition Crackers Fresh Banana Fruit Juice <b>Breakfast Milk Options</b> Milk Low Fat Milk NonFat Milk Lactose Free	<sup>10</sup>  Veterans Day
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

**Menus are Subject to Change**

This institution is an equal opportunity provider and employer