



NOVEMBER

MLS, MSS, DCS Breakfast



Daily Choices

- Cereal

- Fruit

- Milk or Jucie

Notes:

RSU 5 is an equal opportunity provider.

RSU 5 reserves the right to substitute menus due to supply shortages, but we will put every effort to provide a similar alternative whenever possible.

All grain-based items are whole grain-rich and lower-sugar school nutrition formulations.

At DCS, on days when a hot egg or meat-based entree is featured, a fortified, whole-grain breakfast option will be substituted for breakfasts consumed in the classroom.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chef's Choice
4 Pancakes + Sausage	5 No School	6 Bagels + Cream Cheese	7 Assorted Muffins	8 Chef's Choice
11 Veteran's Day No School	12 Breakfast Bar	13 Breakfast Pizza	14 Scrambled Eggs with a Croissant	15 Chef's Choice
18 Banana Bread	19 Bagel w/ Cream Cheese	20 Fruit Churro	21 Pancakes + Sausage	22 Chef's Choice
25 Pumpkin Bread	26 Chef's Choice	27 No School	28 Happy Thanksgiving! No School	29 No School

