



# NORTHGATE ELEMENTARY BREAKFAST

# NOV

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components:  
 Meat/Meat Alternative;  
 Grain; Veggie; Fruit; Milk  
 ONE SELECTION MUST BE A  
 1/2 CUP OF FRUIT OR VEGGIE!



2 HOUR DELAY

**Breakfast Bread**  
 Apple Sauce  
 Juice  
 Milk

1

BREAKFAST EVERY MORNING FROM 7:45 TO 8AM

4

**Frudel**  
 Apple  
 Juice  
 Milk

5

**NO  
 SCHOOL  
 IN SERVICE  
 DAY**

6

**Banana Muffin**  
 Giant Goldfish  
 Pears  
 Juice  
 Milk

7

**Breakfast  
 Sandwich**  
 Cherries  
 Juice  
 Milk

8

**Glazed Donut**  
 Apple Sauce Cup  
 Juice  
 Milk

ALL STUDENT BREAKFAST ARE FREE

11

**Nutrigrain Bar**  
 Cheese Stick  
 Pear  
 Juice  
 Milk

12

**Pancakes**  
 Orange  
 Juice  
 Milk

13

**Cinnamon  
 Cream Cheese  
 Bagel**  
 Apple Sauce  
 Juice  
 Milk

14

**Chocolate  
 Muffin**  
 Cheese Stick  
 Peach Cup  
 Juice  
 Milk

15

**Cinnamon Bun**  
 Raisins  
 Juice  
 Milk

MENU SUBJECT TO CHANGE WITHOUT NOTIFICATION

18

**Apple Cinnamon Muffin**  
 Apple Sauce  
 Giant Goldfish  
 Juice  
 Milk

19

**Bagel  
 Cream Cheese**  
 Pear Cup  
 Juice  
 Milk

20

**Breakfast Bread**  
 Giant Goldfish  
 Apple Sauce  
 Cup  
 Juice  
 Milk

21

**Waffles**  
 Bananas  
 Juice  
 Milk

22

**Donut Holes**  
 Cranberries  
 Juice  
 Milk

Offered Daily: Unflavored 1% 8oz Milk, 8oz Nonfat Chocolate Milk, 8oz Skim Milk Or 8oz Lactaid Milk

25

**Mini Cini**  
 Cheese Stick  
 Orange  
 Juice  
 Milk

26

**Breakfast Pizza**  
 Raisins  
 Juice  
 Milk

27

**NO  
 SCHOOL  
 THANKSGIVING  
 BREAK**

28

**NO  
 SCHOOL  
 THANKSGIVING  
 BREAK**

29

**NO  
 SCHOOL  
 THANKSGIVING  
 BREAK**