

November 2024

DECA HIGH

Breakfast Calendar

Breakfast Meal Pattern - 9th-12th

Select a minimum of 3 components

Fruit/ Vegetable = minimum 1 cup

--fruit juice and/or vegetable

Whole grain rich (WG) selection(s) =

minimum oz -- biscuit, roll, muffin, bread, cereal

1 milk = 1 cup

-- fluid milk

1% and 1% chocolate served daily

Menu is subject to change based on product availability

Mon	Tue	Wed	Thu	Fri
				1 Mini Cinnis Turkey Bacon String Cheese Strawberry Craisins 100% Fruit Juice
4 Super Donut Cheddar Goldfish Apples 100% Fruit Juice	5 Mini Muffin String Cheese 100% Fruit Juice Raisins	6 Pancake on a Stick (Turkey Sausage) Cold Cereal Pop Tarts Bananas 100% Fruit Juice	7 Crunchy Granola Bar Yogurt Cold Cereal Apple Slices 100% Fruit Juice	8 Mini Wg Maple Pancakes Turkey Bacon Cereal Bar Fresh Pears 100% Fruit Juice
11 Mini Donut Holes String Cheese Cold Cereal Strawberry Craisins 100% Fruit Juice	12 Breakfast Pizza Cold Cereal Cereal Bar Bananas 100% Fruit Juice	13 Super Star Donuts Cheddar Goldfish 100% Fruit Juice Apples	14 Banana Bread Yogurt 100% Fruit Juice Raisins	15 Cinnamon Bun Turkey Bacon String Cheese 100% Fruit Juice Apples
18 Mini Muffin Yogurt 100% Fruit Juice Raisins	19 Super Donut Cold Cereal 100 % Fruit Juice Apple	20 Pop Tart String Cheese 100% Fruit Juice Banana	21 Breakfast Bread Cinnamon Goldfish 100% Fruit Juice Cranberries	22 Sausage/Egg Cheese Biscuit Cheddar Goldfish Yogurt 100% Fruit Juice Apple
25 No School	26 No School	27 No School	28 No School	29 No School



This institution is an equal opportunity provider.

