## OVEMBER High School Breakfast Menu Monday Tuesday

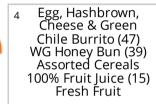


## **Carbohydrates for Fresh Fruits**

Apple (12), Sliced Apples (8), Nectarines (10), Peach (14), Oranges (15), Plum (10), Raisins (33), Banana large 8" (31), Extra Large 9" (34)



Chorizo Breakfast Burrito (36) Chocolate(41) or Powdered(43) Mini Donuts **Assorted Cereals** 100% Fruit Juice (15) Fresh Fruit



- Yogurt Parfait(74) Assorted Muffins (42)Assortèd Cereals 100% Fruit Juice (15) Fresh Fruit
- 6 Cinnamon Roll (45) **Bagel** (34) Cream Cheese (1) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit

13 Cinnamon Roll (45)

- Pork Sausage & Cheese Biscuit Sandwich (31) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit
- Chorizo Breakfast Burrito (36) Chocolate(41) or Powdered(43) Mini Donuts **Assorted Cereals** 100% Fruit Juice (15) Fresh Fruit

15 Chorizo Breakfast



1% low-fat milk & non-fat chocolate milk offered daily.



- 12 Yogurt Parfait(74) Assorted Muffins (42)Assorted Cereals
  - **Bagel** (34) Cream Cheese (1) Assorted Cereals 100% Fruit Juice (15) 100% Fruit Juice (15) Fresh Fruit Fresh Fruit
- Pork Sausage & Cheese Biscuit Sandwich (31) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit
  - Burrito (36) Chocolate(41) or Powdered(43) Mini Donuts **Assorted Cereals** 100% Fruit Juice (15) Fresh Fruit



- Yogurt Parfait(74) Assorted Muffins (42)Assorted Cereals 100% Fruit Juice (15) Fresh Fruit
- 20 Cinnamon Roll (45) **Bagel** (34) Cream Cheese (1) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit
- Pork Sausage & Cheese Biscuit Sandwich (31) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit
- 22 Chorizo Breakfast Burrito (36) Chocolate(41) or Powdered(43) Mini Donuts **Assorted Cereals** 100% Fruit Juice (15) Fresh Fruit

- Egg, Hashbrown, Cheese & Green Chile Burrito (47) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit
- Yogurt Parfait(74) Assorted Muffins (42)Assorted Cereals 100% Fruit Juice (15) Fresh Fruit
- 27 Cinnamon Roll (45) **Bagel** (34) Cream Cheese (1) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit
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