

# NOVEMBER

# High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Carbohydrates for Fresh Fruits</b></p> <p>Apple (12), Sliced Apples (8), Nectarines (10), Peach (14), Oranges (15), Plum (10), Raisins (33), Banana large 8" (31), Extra Large 9" (34)</p>			<p>1 Chorizo Breakfast Burrito (36) Chocolate(41) or Powdered(43) Mini Donuts Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>
<p>4 Egg, Hashbrown, Cheese &amp; Green Chile Burrito (47) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>5 Yogurt Parfait(74) Assorted Muffins (42) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>6 Cinnamon Roll (45) Bagel (34) Cream Cheese (1) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>7 Pork Sausage &amp; Cheese Biscuit Sandwich (31) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>8 Chorizo Breakfast Burrito (36) Chocolate(41) or Powdered(43) Mini Donuts Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>
	<p>12 Yogurt Parfait(74) Assorted Muffins (42) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>13 Cinnamon Roll (45) Bagel (34) Cream Cheese (1) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>14 Pork Sausage &amp; Cheese Biscuit Sandwich (31) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>15 Chorizo Breakfast Burrito (36) Chocolate(41) or Powdered(43) Mini Donuts Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>
<p>18 Egg, Hashbrown, Cheese &amp; Green Chile Burrito (47) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>19 Yogurt Parfait(74) Assorted Muffins (42) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>20 Cinnamon Roll (45) Bagel (34) Cream Cheese (1) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>21 Pork Sausage &amp; Cheese Biscuit Sandwich (31) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>22 Chorizo Breakfast Burrito (36) Chocolate(41) or Powdered(43) Mini Donuts Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>
<p>25 Egg, Hashbrown, Cheese &amp; Green Chile Burrito (47) WG Honey Bun (39) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>26 Yogurt Parfait(74) Assorted Muffins (42) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>	<p>27 Cinnamon Roll (45) Bagel (34) Cream Cheese (1) Assorted Cereals 100% Fruit Juice (15) Fresh Fruit</p>		<p>29</p> 

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

Menu subject to change.

This institution is an equal opportunity provider & employer.

\*\*\*\*Carbohydrate Information Reviewed by MUSD Registered Dietitian