



Meet Your Nutritious Friend:
Scary Cranberry

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	4 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	5 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers	6 SCHOOL CLOSED	7 SCHOOL CLOSED
10 Mini Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	11 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	12 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers	13 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	14 Mini Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers
17 Mini Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	18 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	19 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers	20 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	21 Mini Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers
24 Mini Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	25 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	26 Assorted Muffins Assorted Cereals or Cereal Bar with Graham Crackers	27 HAPPY THANKSGIVING	28 SCHOOL CLOSED
30 Mini Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers				

What is a Meal?
Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals
(served with graham crackers)
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Fruit Loops

Choice of Fruit
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk
1% white, fat-free chocolate, fat-free strawberry

Your Team
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Meal Prices
Student Breakfast \$3.30
Reduced Breakfast \$0.00

