

NOVEMBER BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know. . . School breakfast is free!
All Meals include whole grain, lean protein,
Vegetable and fruit of the day & 1% Milk or
fat free Chocolate Milk.

Students must
select at least 3
out of 4 items
including a fruit or
vegetable to create
a complete USDA
breakfast.

The 4 Meal Components

1. Grain
2. Meat/ Meat Alternative
3. Fruit/ Vegetable/ Juice *can take up to 2 servings
4. Milk

School Breakfast offers a convenient, safe, and
nutritious alternative to breakfast at home.
School breakfast provides $\frac{1}{4}$ the recommended
amount of protein, calcium, iron, Vitamin A, and
Vitamin C for the day.

All meals are offered free to qualifying
students.

Please visit our website for more information.
We are welcome to your comments and
questions, please feel free to call anytime at
978-402-8666, or email
sbardzik@carlisle.k12.ma.us.

Our prepayment option takes a load off your
mind. Please visit the Carlisle School website
for more information. Civil rights law and U.S.
Department of Agriculture (USDA) Civil Rights

Please be aware, the menu is subject to change.



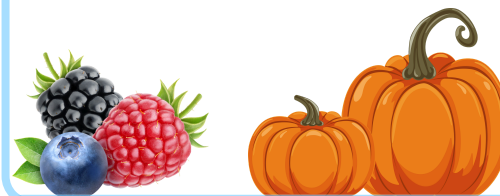
3
ASSORTED WHOLE GRAIN
MUFFINS
YOGURT OR HARD BOILED
EGG
CRANBERRIES



4
WARM WAFFLES
TOPPED WITH SYRUP AND
BERRIES
CHEESE STICK OR EGG
APPLE SAUCE



5
GLUTEN FREE
YOGURT PARFAIT
WITH BERRIES AND
GRANOLA
OR HARD BOILED EGG AND
FRESH FRUIT & CEREAL



6
ASSORTED CEREALS
CHEESE STICK OR HARD
BOILED EGG
APPLE SLICES



7
EGG AND CHEESE
QUESADILLA OR
YOGURT AND GRANOLA
MIXED BERRY CUP

10
FRESH FRUIT SMOOTHIES
NUTRI-GRAIN BARS
CRANBERRIES OR
BLUEBERRIES

11
GLUTEN FREE
ASSORTED WHOLE GRAIN
MUFFINS
YOGURT OR HARD BOILED
EGG
ORANGE SMILES

12
FRESH BAKED CINNAMON
BUNS
CHEESE STICK OR HARD
BOILED EGG
BLUEBERRIES

13
SCRAMBLED EGG BOWL
WITH BACON AND CHEESE
EGG AND CHEESE ONLY
GRANOLA BAR
APPLE SAUCE

14
ASSORTED CEREAL
HARD BOILED EGG
YOGURT
APPLE SLICES OR
CRANBERRIES

17
ASSORTED WHOLE GRAIN
MUFFINS OR YOGURT
PARFAIT
MIXED BERRY CUP

18
WARM FRESH BAKED
MUFFINS
HARD BOILED EGG OR
YOGURT
BLUEBERRIES

19
BACON EGG AND CHEESE
CROISSANT
NO BACON AVAILABLE
APPLE SLICES

20
OATMEAL BAR WITH CHOICE
OF TOPPINGS
CHEESE STICK OR HARD
BOILED EGG
RAISINS

21
WARM PANCAKES
OR YOGURT PARFAIT
HARD BOILED EGG
ORANGE SMILES

24
ASSORTED CEREALS
CHEESE STICKS
YOGURT
FRESH FRUIT

25
EGG AND CHEESE
QUESADILLA OR
ASSORTED CEREAL
PEACHES

26
ASSORTED WHOLE GRAIN
MUFFINS
YOGURT
BLUEBERRIES



Carlisle Public
School is a Nut-Free
Kitchen!