



Gateway  
Great Food  
Great Friends  
Great Nutrition

# MENU

## Central Valley High School Breakfast

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**NOVEMBER**  
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Choice of: 1. EGG & CHEESE SANDWICH 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	03	Choice of: 1. SCRAMBLED EGG & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	04	Choice of: 1. HOMEMADE MUFFIN 2. SAUSAGE & CHEESE BISCUIT 3. CEREAL & GRAHAM CRACKERS	05	Choice of: 1. EGGSTRAVAGANZA & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	06	Choice of: 1. FRUIT & YOGURT PARFAIT W/ GRANOLA 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	07
NO SCHOOL TODAY	10			Choice of: 1. HOMEMADE MUFFIN 2. SAUSAGE & CHEESE BISCUIT 3. CEREAL & GRAHAM CRACKERS	12	Choice of: 1. EGGSTRAVAGANZA & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	13	Choice of: 1. FRUIT & YOGURT PARFAIT W/ GRANOLA 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	14
Choice of: 1. EGG & CHEESE SANDWICH 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	17	Choice of: 1. SCRAMBLED EGG & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	18	Choice of: 1. HOMEMADE MUFFIN 2. SAUSAGE & CHEESE BISCUIT 3. CEREAL & GRAHAM CRACKERS	19	Choice of: 1. EGGSTRAVAGANZA & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	20	Choice of: 1. FRUIT & YOGURT PARFAIT W/ GRANOLA 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	21
NO SCHOOL 11/24-11/28	24						27		28

Happy Birthday to everyone with a birthday in October! Birthday treat comes with hot lunch only.

### Choice of one entree per day.

All lunches are offered the following components:  
1 Cup Milk, 2 Oz. Meat/Meat Alternative., 1-2 Oz Grains, and a minimum of 1 cup fruit and 1 cup vegetables.

Milk choices are 1% white or Fat Free Chocolate.  
A variety of fruit and vegetables are offered each day. Salad bar offered daily.

Menu is subject to change  
This institution is an equal opportunity provider  
Student meals provided at no charge

Oh my gourd, it's fall!

Happy Fall

