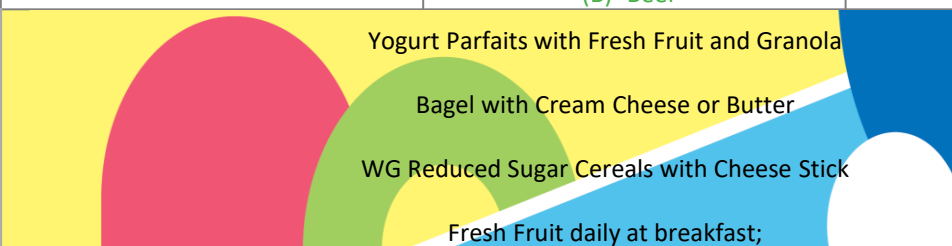


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Egg & Cheese Quesadillas 2 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	Superintendent's Conference Day! 3 No School Food Allergies? If you have a food allergy, please speak to the manager, chef, or your server	Fruit Pizza 4 WG English Muffin Topped with Strawberry Cream Cheese Fresh Berries 4oz Fruit Juice	Whole Grain Pancakes, 5 Hard Boiled Egg 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	Breakfast Bowl 6 Egg, Cheese, Sausage (T) & Roasted Potatoes OR Egg, Cheese & Roasted Potatoes 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk
Hummus Pie 9 House Made Hummus on WG English Muffin, topped with Tomatoes & Cucumber 4 oz 100% Juice ½ Cup Fresh Fruit Milk	WG Cinnamon Rounds 10 Apple, Orange Smoothie 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	11 Veteran's Day No School	Scrambled Eggs and Turkey Sausage Patty, English Muffin 12 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	WG Waffles 13 Hard Boiled Egg 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk
Egg & Cheese Quesadillas 16 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	Overnight Oats 17 Old Fashion Oats, Yogurt, Mixed Berries 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	Egg & Cheese Bites 18 4 oz 100% Fruit Juice ½ Cup Fresh Fruit Milk	Whole Grain Pancakes, 19 Hard Boiled Egg or Cheese Stick 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	Scrambled Eggs and Turkey Bacon & Cheese Sandwich 20 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk
Breakfast Bowl 23 Egg, Cheese, Sausage (T) & Roasted Potatoes OR Egg, Cheese & Roasted Potatoes 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	Hummus Pie 24 House Made Hummus on WG English Muffin, topped with Tomatoes & Cucumber 4 oz 100% Juice ½ Cup Fresh Fruit Milk	Egg & Cheese Quesadillas 25 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	26 Thanksgiving Recess No School (P)-Pork (T)-Turkey (B)- Beef	27 Thanksgiving Recess No School Food Service Director Kyra Hamilton 914-241-6038
Whole Grain Pancakes, 30 Hard Boiled Egg or Cheese Stick 4 oz. 100% Fruit Juice ½ Cup Fresh Fruit, Milk	Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (½ Pint)	 <p>Yogurt Parfaits with Fresh Fruit and Granola</p> <p>Bagel with Cream Cheese or Butter</p> <p>WG Reduced Sugar Cereals with Cheese Stick</p> <p>Fresh Fruit daily at breakfast;</p>		