# Middle School Breakfast Menu

Norwell Middle School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Nov 2<br>Assorted Cereal WG<br>Dutch Waffle<br>Mini Cinni Pull Aparts<br>B. Warm Bagel<br>Assorted Muffins WG 3.6oz<br>NutriGrain Bar wg<br>Cinnamon Swirl Roll<br>Mango Wango Juice<br>100 % Fruit Juice<br>Apple<br>applesauce,unsw 1/2 cup*<br>MILK,Skim<br>Orange Smiles | Nov 3<br>Mini Cinni Pull Aparts<br>Cinnamon Swirl Roll<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>B. Warm Bagel<br>C. Assorted Cereals<br>French Toast Sticks wg<br>100 % Fruit Juice<br>Apple<br>Mango Wango Juice<br>MILK,Skim | Nov 4<br>A. French Toast<br>Assorted Cereal WG<br>B. Warm Bagel<br>Mini Cinni Pull Aparts<br>Cinnamon Swirl Roll<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>Mango Wango Juice<br>100 % Fruit Juice<br>Warm Maple Syrup<br>Apple<br>applesauce,unsw 1/2 cup*<br>MILK,Skim<br>Banana | Nov 5<br>Mini Waffles<br>Assorted Muffins WG 3.6oz<br>B. Warm Bagel<br>NutriGrain Bar wg<br>Mini Cinni Pull Aparts<br>Assorted Cereal WG<br>Cinnamon Swirl Roll<br>Orange Smiles<br>100 % Fruit Juice<br>MILK,Skim<br>Yoplait Yogurt Assorted<br>Fresh Fruit<br>Offered Daily<br>Mango Wango Juice | Nov 6<br>B. Warm Bagel<br>Mini Cinni Pull Aparts<br>Assorted Cereal WG<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>Cinnamon Swirl Roll<br>Orange Smiles<br>100 % Fruit Juice<br>MILK,Skim<br>Fresh Fruit<br>Offered Daily<br>Mango Wango Juice<br>Banana |
| Nov 9<br>Assorted Cereal WG<br>Dutch Waffle<br>Mini Cinni Pull Aparts<br>B. Warm Bagel<br>Assorted Muffins WG 3.6oz<br>NutriGrain Bar wg<br>Mango Wango Juice<br>Cinnamon Swirl Roll<br>100 % Fruit Juice<br>Apple<br>applesauce,unsw 1/2 cup*<br>MILK,Skim<br>Yoplait Yogurt Assorted | Nov 10<br>Mini Cinni Pull Aparts<br>Cinnamon Swirl Roll<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>B. Warm Bagel<br>C. Assorted Cereals<br>French Toast Sticks wg<br>100 % Fruit Juice<br>Apple<br>Mango Wango Juice<br>MILK,Skim | Nov 11<br>HOLIDAY | Nov 12<br>Mini Waffles<br>Assorted Muffins WG 3.6oz<br>B. Warm Bagel<br>NutriGrain Bar wg<br>Mini Cinni Pull Aparts<br>Assorted Cereal WG<br>Cinnamon Swirl Roll<br>100 % Fruit Juice<br>MILK,Skim<br>Yoplait Yogurt Assorted<br>Fresh Fruit<br>Offered Daily<br>Mango Wango Juice<br>Fresh Grapes | Nov 13<br>B. Warm Bagel<br>Mini Cinni Pull Aparts<br>Assorted Cereal WG<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>Cinnamon Swirl Roll<br>Orange Smiles<br>100 % Fruit Juice<br>MILK,Skim<br>Yoplait Yogurt Assorted<br>Fresh Fruit<br>Offered Daily<br>Mango Wango Juice<br>Banana |

| Nov 16 | Nov 17 | Nov 18 | Nov 19 | Nov 20 |
|---|---|---|---|---|
| Assorted Cereal WG<br>Dutch Waffle<br>Mini Cinni Pull Aparts<br>B. Warm Bagel<br>Assorted Muffins WG 3.6oz<br>NutriGrain Bar wg<br>Cinnamon Swirl Roll<br>Mango Wango Juice<br>100 % Fruit Juice<br>Apple<br>applesauce,unsw 1/2 cup*<br>MILK,Skim<br>Orange Smiles | Mini Cinni Pull Aparts<br>Cinnamon Swirl Roll<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>B. Warm Bagel<br>C. Assorted Cereals<br>French Toast Sticks wg<br>100 % Fruit Juice<br>Apple<br>Mango Wango Juice<br>MILK,Skim | A. French Toast<br>Assorted Cereal WG<br>B. Warm Bagel<br>Mini Cinni Pull Aparts<br>Cinnamon Swirl Roll<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>Mango Wango Juice<br>100 % Fruit Juice<br>Warm Maple Syrup<br>Apple<br>applesauce,unsw 1/2 cup*<br>MILK,Skim | Mini Waffles<br>Assorted Muffins WG 3.6oz<br>B. Warm Bagel<br>NutriGrain Bar wg<br>Mini Cinni Pull Aparts<br>Assorted Cereal WG<br>Cinnamon Swirl Roll<br>Orange Smiles<br>100 % Fruit Juice<br>MILK,Skim<br>Yoplait Yogurt Assorted<br>Fresh Fruit<br>Offered Daily<br>Mango Wango Juice | B. Warm Bagel<br>Mini Cinni Pull Aparts<br>Assorted Cereal WG<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>Cinnamon Swirl Roll<br>Orange Smiles<br>100 % Fruit Juice<br>MILK,Skim<br>Yoplait Yogurt Assorted<br>Fresh Fruit<br>Offered Daily<br>Mango Wango Juice<br>Banana |
| **Nov 23** | **Nov 24** | **Nov 25** | **Nov 26** | **Nov 27** |
| Assorted Cereal WG<br>Dutch Waffle<br>Mini Cinni Pull Aparts<br>B. Warm Bagel<br>Assorted Muffins WG 3.6oz<br>NutriGrain Bar wg<br>Cinnamon Swirl Roll<br>Mango Wango Juice<br>100 % Fruit Juice<br>Apple<br>applesauce,unsw 1/2 cup*<br>MILK,Skim<br>Orange Smiles | Mini Cinni Pull Aparts<br>Cinnamon Swirl Roll<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>B. Warm Bagel<br>C. Assorted Cereals<br>French Toast Sticks wg<br>100 % Fruit Juice<br>Apple<br>Mango Wango Juice<br>MILK,Skim | A. French Toast<br>Assorted Cereal WG<br>B. Warm Bagel<br>Mini Cinni Pull Aparts<br>Cinnamon Swirl Roll<br>NutriGrain Bar wg<br>Assorted Muffins WG 3.6oz<br>Mango Wango Juice<br>100 % Fruit Juice<br>Warm Maple Syrup<br>Apple<br>applesauce,unsw 1/2 cup*<br>MILK,Skim<br>Banana | HOLIDAY | HOLIDAY |
| **Nov 30** | | | | |
| Assorted Cereal WG<br>Dutch Waffle<br>Mini Cinni Pull Aparts<br>B. Warm Bagel<br>Assorted Muffins WG 3.6oz<br>NutriGrain Bar wg<br>Cinnamon Swirl Roll<br>Mango Wango Juice<br>100 % Fruit Juice<br>Apple<br>applesauce,unsw 1/2 cup*<br>MILK,Skim<br>Orange Smiles | | | | |