



NOVEMBER 2019



## Breakfast and PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Cinnamon Toast Crunch Fruit Cocktail Milk
				Pretzels Water
4. Chex Pears Milk	5. Pancakes Apple Sauce Milk	6. Special K Bananas Milk	7. Eggs w/cheese Peaches Milk	8. Waffles Blueberries Milk
Graham Crackers Milk	Celery w/cream cheese Water	Pretzels Cran-grape	Fruit Roll up Pineapple Juice	Chex Mix Cranberry
11. <b>CLOSED</b> <b>VETERANS DAY</b>	12. Mini Wheats Mandarins Milk	13. Biscuits & Gravy Apple Slices Milk	14. Kix Mixed Berries Milk	15. Cream of Wheat Pineapples Milk
	Corn Bread Lemon aide	Club Crackers Orange Juice	Saltines w/Cheese Apple Juice	Blue Berry Bread Milk
18. Multigrain Cheerios Fruit cocktail Milk	19. Egg & Cheese Biscuits Apple Sauce Milk	20. Frosted Flakes Mixed Berries Milk	21. Oatmeal Peaches Milk	22. Cheerios Oranges Milk
Goldfish Cran-Pom Juice	Nilla Wafers Milk	Toasted Bagels Cream Cheese Water	Crackers w/Cheese Apple Juice	Animal Crackers Grape Juice
25. Cheesy Potatoes Pears Milk	26. Life Cereal Bananas Milk	27. French Toast blueberries Milk	28. 	29. 
Oranges Water	Wheat Thins Apple Juice	Gharam Crackers Water	<b>CLOSED</b>	<b>CLOSED</b>

This institution is an equal opportunity provider

All Milk served to participants 2 years and older are served either low-fat (1%) or fat-free milk and children 1 year old are served whole milk.