


Monday		Tuesday		Wednesday		Thursday		Friday				
		MEAL TIMES: 9:15am & 3pm MIN. SERVING SIZES: MINIMUM SERVING SIZES: -Milk or Fruit Juice 1/2 cup - Cheese 1 oz -Veggies or Fruits 1/4 cup - Eggs 1 egg - Grain 1/2 oz. equiv. - Beans or Peas 1/4 cup - Pasta or Noodles 1/4 cup - Yogurt 1/4 cup						Scrambled Eggs	1	Toast	2	
		Fresh Fruit				Fresh Fruit		Fresh Fruit		Fresh Fruit		
		Milk				Milk		Milk		Milk		
								Quesadillas				Fruit Salad
								Milk				Milk
Scrambled Eggs	5	Yogurt/Cheerios	6	Biscuits	7	Bagels w/cream cheese	8	French Toast	9			
Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit				
Milk		Milk		Milk		Milk		Milk				
		Rice and Beans	Banana Muffins		Fruit Salad		Mixed Veggies		Pasta w/Cheese			
		Milk	Milk		Milk		Milk		Milk			
Toast	12	Yogurt w/Cheerios	13	Oatmeal	14	Waffles	15	Cinnamon Rolls	16			
Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit				
Milk		Milk		Milk		Milk		Milk				
		Quesadillas	Banana Muffins		Oven Potatoes		Corn Cobettes		Crackers w/cheese			
		Milk	Milk		Milk		Milk		Milk			
Scrambled Eggs	19	Toast	20	Scones	21		22		23			
Fresh Fruit		Fresh Fruit		Fresh Fruit		School Closed - Thanksgiving Holiday						
Milk		Milk		Milk								
		Muffins	Mixed Veggies		Grilled Cheese							
		Milk	Milk		Milk							
Oatmeal	26	Yogurt/Cheerios	27	Bagels w/Cream Cheese	28	Breakfast Burritos	29	French Toast	30			
Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit		Fresh Fruit				
Milk		Milk		Milk		Milk		Milk				
		Muffins	Lentil Soup		Pasta w/Cheese		Mixed Veggies		Fresh Fruit			
		Milk	Milk		Milk		Milk		Milk			

Menu is subject to change without notice