



NOVEMBER BREAKFAST



BRK1

*MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Low-fat Yogurt
+ *Granola
or *Cereal Bowl
(Cornflakes)

4

*Cinnamon
Crumble
or *Zucchini
Bread

5

*Chocolate
Waffles
or *Cereal
Bowl
(Fruit Loops)

6

*Pan Dulce
(Pink) or
*Blueberry
Muffin



7

*Egg, Cheese and
Turkey Sausage
Wrap or *Cereal
Bowl (Cinnamon
Toast Crunch)

10

*Chocolate Chip
Muffin
or *Cereal Bowl
(Cinnamon Toast
Crunch)



11



12

*Mocha
Crumble
Cake or
*Cereal Bowl
(Corn Flakes)

13

*Mantecada
Muffin or
*Zucchini
Bread



14

*Egg and Cheese
on an English
Muffin or
*Cereal bowl
(Fruit Loops)

17

*Low-fat
Yogurt and
Granola or
*Cereal Bowl
(Cheerios)

18

*Fun and Fruity
Waffles
or
*Apple Top
Muffin

19

*WOWbutter
and Jam
uncrustable or
*Cereal Bowl
(Cocoa Puffs)

20

*Cinnamon
Crumble
Cake or
*Blueberry
Muffin

21

*Cheese
Quesadilla
or
*Cereal bowl
(TRIX)

24



25



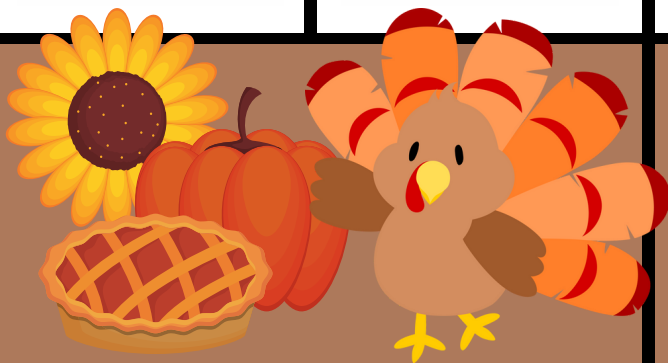
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27



28



All meals are served with fruit and a
choice of milk
*Whole grains

This institution is an equal opportunity provider