



Get a Healthy Start to Your Day with School Breakfast!

Available Daily:
 Assorted Cereals served with
 Graham Crackers
 Assorted Fruit
 100% Juice Selection
 Milk Selection

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!


Student Breakfast \$2.00
Adult Breakfast \$3.00
Reduced Breakfast \$0.30

NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!



Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Try to fill at least half your plate with fruits and vegetables!</p>	1 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	2 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	3 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
6 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	7 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	8 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	9 NJEA Convention School Closed	10 NJEA Convention School Closed
13 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	14 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	15 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	16 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	17 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection
20 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	21 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	22 School Closed	23 School Closed Happy Thanksgiving!	
27 Assorted Muffins with Cheese Stick Assorted Fruit 100% Fruit Juice Milk Selection	28 Berry Rice Krispie Cereal Bar with Low Fat Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	29 Bagel with Cream Cheese Assorted Fruit 100% Fruit Juice Milk Selection	30 Assorted Muffins with Yogurt Assorted Fruit 100% Fruit Juice Milk Selection	

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MENU SUBJECT TO CHANGE


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