



## Get a Healthy Start to Your Day with School Breakfast!

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

**Student Breakfast**

**\$1.90**

**Adult Breakfast**

**\$2.50**

**Reduced Breakfast**

**\$0.30**

take time for  
**school  
BREAKFAST**



### 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><b>Try to fill at least half your plate with fruits and vegetables!</b></p>	<p>1 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>2 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>3 Mini Pancakes or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>
<p>6 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>7 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>8 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>9 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>10 Bagel with Cream Cheese or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>
<p>13 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>14 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>15 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>16 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>17 Mini Pancakes or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>
<p>20 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>21 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>22 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>23 <b>School Closed</b> <b>Happy Thanksgiving!</b></p>	
<p>27 Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>28 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>29 Assorted Cereal with Muffin Assorted Fruit 100% Fruit Juice Milk Selection</p>	<p>30 Warm Oatmeal Or Assorted Cereal with Graham Crackers Assorted Fruit 100% Fruit Juice Milk Selection</p>	

MENU SUBJECT TO CHANGE

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 Maschio's Food Services, Inc.

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