November 2013

SchoolFood FEED YOUR MIND

Monday	Trayless Tuesday	Wednesday	Thursday	Friday
				1 **POWER UP** Nature Valley Oats 'n Honey Granola Bar Upstate Farms Yogurt
4 **FUEL UP THE** **WHOLE GRAIN WAY** Whole Grain Apple Bread Cheddar Cheese	5 **ELECTION DAY** Egg & Cheese Roll-Up *"A Whole Grain Wrap* *filled with Egg and* *Savory Melted Cheese"*	6 **BAGEL BAR DAY** NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Jelly Peanut Butter	7 **RISE AND SHINE** Tasty Waffles with Warm Syrup Hot Cereal Choice	8 **POWER UP** Colby Cheese Omelet Flaky Croissant
11 **VETERANS DAY** Home-style French Toast Warm Syrup	12 **POWER UP** Nature Valley Oats 'n Honey Granola Bar Organic Stonyfield Strawberry	13 **GOOD MORNING** Fluffy Egg Omelet with Melted Cheese NY Style Bagels	14 **RISE AND SHINE** Fluffy Pancakes Warm Syrup Hot Cereal Choice	15 **BAGEL BAR DAY** NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Jelly Peanut Butter
18 **FUEL UP THE** **WHOLE GRAIN WAY** Whole Grain Blueberry Bread Upstate Farms Yogurt	19 **GOOD MORNING** Fluffy Egg Omelet with Melted Cheese Whole Grain English Muffin	20 **RISE AND SHINE** Mini-Burst Pancakes with Warm Syrup Hot Cereal Choice	21 **BAGEL BAR DAY** NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Jelly Peanut Butter	22 **POWER UP** Sunrise Banana Bread Hot Cereal Choice
25 **RISE AND SHINE** Home-style French Toast Warm Syrup	26 **GOOD MORNING** Egg & Cheese Roll-Up *"A Whole Grain Wrap* *filled with Egg and* *Savory Melted Cheese"*	27 **BAGEL BAR DAY** NY Style Bagels Strawberry Cream Cheese Cream Cheese Fruit Jelly Peanut Butter	28 **THANKSGIVING RECESS** Whole Grain Blueberry Bread Cheddar Cheese	29 **THANKSGIVING RECESS** Colby Cheese Omelet Whole Wheat Toast Served with Jelly

<u>Offered Daily</u> : Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cold Cereal, 100% Fruit Juice

<u>Cold Cereal Choices</u> : Frosted Mini Wheats, Heart to Heart, Honey Sunshine, Toasty Oats, Kix, Raisin Bran

Menu is Subject to Change

Vegetarian Breakfast Menu

Department of Education

WHOLE GRAINS COUNCIL
Whole Grains at Every Meal