

# November Breakfast

## THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
October 30, 2017	October 31, 2017	November 1, 2017	November 2, 2017	November 3, 2017
		VANILLA YOGURT Granola ^ Fresh Fruit Choice of Milk	MAPLE PANCAKES ^ Fresh Fruit Orange Juice Choice of Milk	NO SCHOOL
November 6, 2017	November 7, 2017	November 8, 2017	November 9, 2017	November 10, 2017
STRAWBERRY BANANA YOGURT Granola ^ Craisins Apple-Cranberry Juice Choice of Milk	WAFFLES ^ Pineapple Tidbits Orange Juice Syrup Choice of Milk	FROSTED CORN FLAKES ^ Graham Crackers ^ Fresh Fruit Choice of Milk	CHICKEN BISCUIT ^ Fresh Fruit Blended Fruit Juice Choice of Milk Ketchup	CINNAMON CHEX ^ French Toast Breakfast Bar ^ Fresh Fruit Choice of Milk
November 13, 2017	November 14, 2017	November 15, 2017	November 16, 2017	November 17, 2017
GOLDEN GRAHAM CEREAL ^ Strawberry Pancake Square ^ Craisins Orange Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Pears Grape Juice Choice of Milk	COCOA PUFFS ^ Vanilla Waffle Square ^ Fresh Fruit Choice of Milk	FRENCH TOAST STICKS ^ Fresh Fruit Apple-Cranberry Juice Syrup Choice of Milk	MOZZARELLA CHEESE STICK Blueberry Muffin ^ Fresh Fruit Choice of Milk
November 20, 2017	November 21, 2017	November 22, 2017	November 23, 2017	November 24, 2017
RICE CHEX ^ Maple Breakfast Square ^ Craisins Blended Fruit Juice Choice of Milk	NO SCHOOL	NO SCHOOL	THANKSGIVING	NO SCHOOL
November 27, 2017	November 28, 2017	November 29, 2017	November 30, 2017	December 1, 2017
APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square ^ Craisins Grape Juice Choice of Milk	BEEF SAUSAGE BISCUIT Diced Pears Blended Fruit Juice Assorted Jelly Choice of Milk	VANILLA YOGURT Granola ^ Fresh Fruit Choice of Milk	MAPLE PANCAKES ^ Fresh Fruit Orange Juice Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

SPECIAL DAYS  
HAPPY THANKSGIVING  
VETERANS DAY

Feature food days

NATIONAL SANDWICH DAY  
MEATLESS MONDAY  
HOLIDAY MEAL