























# BREAKFAST MENU - NOVEMBER 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Find your balance between food and physical activity</b></p> <ul style="list-style-type: none"> <li>• Be sure to stay within your daily calorie needs.</li> <li>• Be physically active for at least 30 minutes most days of the week.</li> <li>• Children and teenagers should be physically active for 60 minutes every day, or most days.</li> <li>• About 60 minutes a day of physical activity may be needed to prevent weight gain.</li> </ul>		  		<p><b>1 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Egg &amp; Cheese Wrap</b></p> 
<p><b>4 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Breakfast Pizza</b></p> 	<p><b>5 Superintendent Conference Day</b></p>	<p><b>6 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>WG Poptart</b></p> 	<p><b>7 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Apple Muffin</b></p> 	<p><b>8 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Egg &amp; Cheese on Muff.</b></p> 
<p><b>11 VETRANS DAY</b></p> 	<p><b>12 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Pancakes w/syrup</b></p> 	<p><b>13 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Toasted Bagel</b></p> 	<p><b>14 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Banana Muffin</b></p> 	<p><b>15 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Egg &amp; Cheese Wrap</b></p> 
<p><b>18 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>French Toast Sticks</b></p> 	<p><b>19 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Yogurt</b></p> 	<p><b>20 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Blueberry Muffin</b></p> 	<p><b>21 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Breakfast Round</b></p>	<p><b>22 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Egg &amp; Cheese on Muff.</b></p> 
<p><b>25 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Breakfast Pizza</b></p> 	<p><b>26 Juice or Fruit</b>  <b>Assorted Cereal</b>  <b>Apple Mini Loaf</b></p> 	 	<p><b>Thanksgiving</b></p>	

Cold cereal available every day! All cereals are whole grain.  
 Low fat, chocolate, 1% or skim milk included daily in every Breakfast Meal.  
 \*This Institution is an equal opportunity provider and employer.

PRICE: 1.25  
 REDUCED: .25

