November 2016

Green Local Schools

BREAKFAST

School Information: Join us for breakfast. USDA is an equal opportunity provider and employer.

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yogurt and Cracker Juice/Fruit Milk	2 Maple Sausage Wrap Juice/Fruit Milk	3 Poptart and String Cheese Juice/Fruit Milk	4 Banana Bread Juice/Fruit Milk
7 Pancakes Juice/Fruit Milk	8 Yogurt and Muffin Juice/Fruit Milk	9 Breakfast Pizza Juice/Fruit Milk	10 Banana Bars Juice/Fruit Milk	11 Cinnamon Pretzel Juice/Fruit Milk
14 Cinni Minis Juice/Fruit Milk	15 Yogurt and Cracker Juice/Fruit Milk	16 Waffles Juice/Fruit Milk	17 String Cheese/Breakfast Bar Juice/Fruit Milk	18 French Toast Juice/Fruit Milk
21 Pancakes Juice/Fruit Milk	22 Cereal and Donut Juice/Fruit Milk	23 Cinna Bagels Juice/Fruit Milk	24 	25
28 	29 Yogurt and Cracker Juice/Fruit Milk	30 Maple Sausage Wrap Juice/Fruit Milk		