



November 2018

K8 Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| <p>Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.</p> | | | <p>1 Cheesy Cham** Biscuit Pick 2 Breakfast Assorted Cereal Elf Grahams Raisins Assorted Juice Assorted Milk</p> | <p>2 Dutch Waffle Pick 2 Breakfast Assorted Cereal Elf Grahams Diced Peaches Assorted Juice Assorted Milk</p> |
| <p>5 No School</p> | <p>6 No School</p> | <p>7 CSausage & Chz English Muffin* Pick 2 Breakfast Assorted Cereal Elf Grahams Fresh Orange Assorted Juice Assorted Milk</p> | <p>8 Chicken Ham** & Chz Bagel Pick 2 Breakfast Assorted Cereal Elf Grahams Fresh Banana Assorted Juice</p> | <p>9 Cinnamon French Toast Pick 2 Breakfast Assorted Cereal Elf Grahams Fresh Grapes Assorted Juice</p> |
| <p>12 Mini Cinnamon Creamy Cheese Bagels Pick 2 Breakfast Assorted Cereal Elf Grahams Fresh Banana Assorted Juice Assorted Milk</p> | <p>13 Grape Crescent Pick 2 Breakfast Assorted Cereal Elf Grahams Fruit Mix Assorted Juice Assorted Milk</p> | <p>14 Apple Bosco Stick Pick 2 Breakfast Assorted Cereal Elf Grahams Applesauce Assorted Juice Assorted Milk</p> | <p>15 Egg, Bacon & Chz Flatbread Sandwich* Pick 2 Breakfast Assorted Cereal Elf Grahams Fresh Orange Assorted Juice Assorted Milk</p> | <p>16 Egg & Chz English Muffin Pick 2 Breakfast Assorted Cereal Elf Grahams Banana Assorted Juice Assorted Milk</p> |
| <p>19 Apple Bosco Stick Pick 2 Breakfast Assorted Cereal Elf Grahams Diced Pears Assorted Juice Assorted Milk</p> | <p>20 Country Chicken Biscuit Pick 2 Breakfast Assorted Cereal Elf Grahams Fruit Mix Assorted Juice Assorted Milk</p> | <p>21 Thanksgiving Break</p> | <p>22 Thanksgiving Break</p> | <p>23 Thanksgiving Break</p> |
| <p>26 Egg, Cham** & Chz Flatbread Sandwich Pick 2 Breakfast Assorted Cereal Elf Grahams Sliced Apples Assorted Juice Assorted Milk</p> | <p>27 Country Chix & Chz English Muffin Pick 2 Breakfast Assorted Cereal Elf Grahams Fruit Mix Assorted Juice Assorted Milk</p> | <p>28 National French Toast Day! Cinnamon French Toast Pick 2 Breakfast Assorted Cereal Elf Grahams Applesauce Assorted Juice Assorted Milk</p> | <p>29 Country Chicken Biscuit Pick 2 Breakfast Assorted Cereal Elf Grahams Fresh Banana Assorted Juice Assorted Milk</p> | <p>30 Cheese Bosco Stick Pick 2 Breakfast Assorted Cereal Elf Grahams Fresh Grapes Assorted Juice Assorted Milk</p> |

More Info...

What is a Reimbursable Breakfast?

1. Whole Grain
2. Fruit
3. Milk-1%, Skim
4. Additional Item: Grain or Meat/Meat Alt.

Must choose 3 items with one being ½ cup fruit

Offered Daily:

*Assorted Juice

*Assorted Milk
 1% White,
 1% Chocolate
 Skim: Vanilla,
 Strawberry

Pick 2 Items (MS ONLY):

- String Cheese
- Eggs
- Yogurt
- Asst Muffins
- Pop Tarts
- Granola Bars
- Biscuits
- Asst Crackers
- Asst Cereal

Breakfast Prices:
 Full Priced: \$1.30
 Reduced: \$.30

*May contain pork
 **Chicken Ham

Menus are subject to change without notice.

Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."

Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.



"This institution is an equal opportunity provider."