



# November 2018

## MS Breakfast Menu

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

\*May contain pork  
 \*\*Chicken Ham

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

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."