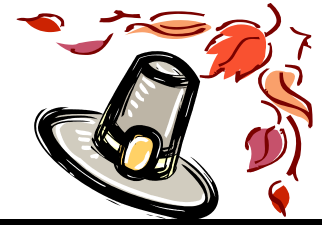


RSU #74 BREAKFAST MENU

NOVEMBER 2018



	Mon	Tue	Wed	Thu	Fri		
All Menus Subject To Change Without Notice				1 Hot Oatmeal-3/4 c Blueberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	2 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup		
All milk offered free with a meal is a N Fat or Low Fat Variety. Snack or cold lunch milk price is 30 cents.	5 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	6 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	7 Breakfast Pizza-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	8 Benefit Bar-1 Fruit & Juice Variety-1 cup Milk-1 cup	9 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup		
The USDA and this institution are equal opportunity employers & providers.	12 <i>~ NO SCHOOL ~ Veteran's Day</i>	13 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	14 Pancake & Sausage on a Stick-1 Fruit & Juice Variety-1 cup Milk-1 cup	15 Breakfast Cookie-1 Peanut butter-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	16 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup		
BREAKFAST PRICES <i>All Students—FREE Adults \$1.00</i> LUNCH PRICES <i>All Students—FREE Adults \$4.50</i>	19 <div style="border: 1px dashed black; width: 100%; height: 100%;"></div>	20 <div style="border: 1px dashed black; width: 100%; height: 100%; display: flex; align-items: center; justify-content: center;"> <div style="text-align: center;"> <p style="font-size: 2em; margin: 0;">~ N O S C H O O L ~</p> <p style="font-size: 1.5em; margin: 0;"><i>T h a n k s g i v i n g</i></p> </div> <div style="text-align: center;"> <p style="font-size: 2em; margin: 0;">~ N O S C H O O L ~</p> <p style="font-size: 1.5em; margin: 0;"><i>B r e a k</i></p> </div> </div>			21 <div style="border: 1px dashed black; width: 100%; height: 100%;"></div>	22 <div style="border: 1px dashed black; width: 100%; height: 100%;"></div>	23 <div style="border: 1px dashed black; width: 100%; height: 100%;"></div>
	26 WG Cereal-1 oz WW Toast w/Jelly-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	27 Warmed Bagel-2 oz Cream Cheese-1 TBSP Fruit & Juice Variety-1 cup Milk-1 cup	28 <u>Breakfast Sandwich</u> Egg Patty & Cheese-2 oz Wrap-1 Fruit & Juice Variety-1 cup Milk-1 cup	29 Hot Oatmeal-3/4 c Strawberries—1/4 c WW Cinnamon Toast-1 slice Fruit & Juice Variety-1 cup Milk-1 cup	30 <u>YOGURT BAR</u> Yogurt Parfait-1/2 cup Granola- 1/8 cup Graham Crackers-2 pkgs Fruit & Juice Variety-1 cup Milk-1 cup		