

NOVEMBER 2016

Chattanooga Girls Leadership Academy Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Assorted Flavors of Low Fat Yogurt (Vanilla, Strawberry, Strawberry Banana, Peach) Whole Grain Granola	2 Assorted Whole Grain Cereals (Lucky Charms, Fruit Loops, Cinnamon Toast Crunch, Trix, Cheerios, Shredded Mini Wheats)	3 Whole Grain Pancakes with Cinnamon Butter	4 Assorted Whole Grain Muffins (Blueberry, Wild berry, Chocolate)
7 Assorted Whole Grain Bagels (Plain, Blueberry, Cinnamon Raisin) Assorted Cream Cheese (Plain low fat, Strawberry, Garden Vegetable)	8 Blueberry Maple-Battered Pork Pancake Wrap	9 Whole Grain Assorted Donuts	10 Whole Grain Mini Blueberry Pancakes	11 Assorted Whole Grain Cereals (Lucky Charms, Fruit Loops, Cinnamon Toast Crunch, Trix, Cheerios, Shredded Mini Wheats)
14 Assorted Flavors of Low Fat Yogurt (Vanilla, Strawberry, Strawberry Banana, Peach) Whole Grain Granola	15 Whole Grain Belgian Waffle Sticks Syrup Cup	16 Assorted Whole Grain Muffins (Blueberry, Wild berry, Chocolate)	17 Whole Grain Apple Strudel Or Whole Grain Cherry Strudel	18 Whole Grain Cinnamon Pop tarts Or Whole Grain Strawberry Pop tarts
21 Assorted Whole Grain Cereals (Lucky Charms, Fruit Loops, Cinnamon Toast Crunch, Trix, Cheerios, Shredded Mini Wheats)	22 Whole Grain Mini Maple Waffles Or Whole Grain Mini Blueberry Waffles	23 NO SCHOOL TRAVEL DAY	24 NO SCHOOL THANKSGIVING BREAK	25 NO SCHOOL THANKSGIVING BREAK
28 Assorted Flavors of Low Fat Yogurt (Vanilla, Strawberry, Strawberry Banana, Peach) Whole Grain Granola	29 Blueberry Maple-Battered Pork Pancake Wrap	30 Whole Grain Assorted Donuts		

News
All Breakfast Meals include:
Whole grain Item
Fresh Fruit Item
100% Fruit/ Vegetable Juice
1% Milk unflavored
0% Milk Chocolate

On occasion a meat/meat alternative and a vegetable option is offered