



NOVEMBER | 2018

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 WGR Pancakes Turkey Sausage Fresh Blueberries 100% Orange Juice Choice of Milk	2 WGR Toast Scrambled Eggs Fresh Orange Wedges 100% Orange Juice Green Peppers and Onion Choice of Milk
5 WGR English Muffin Scrambled eggs Low Fat Cheese Fresh Strawberries 100% Apple Juice Choice of Milk	6 WGR Bagel w/ Low Fat Cream Cheese Fresh Apple Slices 100% Fruit and Vegetable Juice Choice of Milk	7 WGR Oatmeal WGR Granola Bar Cinnamon Apples 100% White Grape Juice Choice of Milk	8 WGR Egg and Cheese Biscuit Strawberry Craisins 100% Orange Juice Choice of Milk	9 WGR Cereals WGR Muffin Raisins 100% Orange Juice Choice of Milk
12 WGR Grits WGR Toast Pears 100% Kiwi Strawberry Juice Choice of Milk	13 WGR French Toast Applesauce 100% Orange Juice Choice of Milk	14 WGR Buttermilk Biscuit Scrambled Eggs Grapes 100% Fruit and Vegetable Juice Choice of Milk	15 WGR English Muffin Turkey Sausage Fresh Banana 100% Orange Juice Choice of Milk	16 WGR Blueberry Muffin Scrambled Eggs Fresh Strawberries 100% White Grape Juice Choice of Milk
19 WGR Chicken Biscuit Fresh Apple Slices 100% Orange Juice Choice of Milk	20 WGR Waffles Diced Pineapple 100% Apple Juice Choice of Milk	21 School Closed	22 Thanksgiving School Closed	23 School Closed
26 WGR English Muffin Scrambled eggs Low Fat Cheese Fresh Strawberries 100% Apple Juice Choice of Milk	27 WGR Bagel w/ Low Fat Cream Cheese Fresh Apple Slices 100% Fruit and Vegetable Juice Choice of Milk	28 WGR Oatmeal WGR Granola Bar Cinnamon Apples 100% White Grape Juice Choice of Milk	29 WGR Egg and Cheese Biscuit Strawberry Craisins 100% Orange Juice Choice of Milk	30 WGR Waffles Diced Pineapple 100% Apple Juice Choice of Milk

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**Breakfast Includes up to 1
of each:**

- > **Entrée (includes grain & sometimes meat/meat alternative)**
- > **100% Fruit Juice***
- > **Whole Fruit***
- > **Choice of Low-Fat, Flavored Fat-Free Milk, or Lactose-Free Milk**
- *A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice**
- > **Other Daily Breakfast Options: Assorted Cereal and Whole Grain Breakfast Pastry**