

November Grab & Go Breakfast Menu

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

DAILY BREAKFAST CHOICES
 Hot or cold breakfast choices are available daily, i.e.:
 Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk
 Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:
Choose 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

PLEASE NOTE:
 The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.



1 Super Slice Bread with 100% Juice & Cupped Fruit Milk Choice	2 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	3 Yogurt Cup & Cereal Bar Variety with 100% Juice & Cupped Fruit Milk Choice	4 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	5 Muffin Variety & String Cheese with 100% Juice & Cupped Fruit Milk Choice
8 Super Slice Bread with 100% Juice & Cupped Fruit Milk Choice	9 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	10 Yogurt Cup & Pop Tart Variety with 100% Juice & Cupped Fruit Milk Choice	11 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	12 Muffin Variety & String Cheese with 100% Juice & Cupped Fruit Milk Choice
15 Super Slice Bread with 100% Juice & Cupped Fruit Milk Choice	16 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	17 Peanut Butter Cup & Apple Cinnamon Grahams with 100% Juice & Cupped Fruit Milk Choice	18 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	19 Muffin Variety & String Cheese with 100% Juice & Cupped Fruit Milk Choice

THANKSGIVING BREAK

29 Super Slice Bread with 100% Juice & Cupped Fruit Milk Choice	30 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice
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For Menu & Nutrition Information or to download the app on your device!
 Visit nutrislice.com

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