



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4

Whole Grain French Toast Sticks or a Whole Grain Muffin All with Local Apple, Fresh Nectarine, Grapefruit Wedges, Applesauce, Raisins, Sunbutter Cup

5

W.W. Belgian Style Waffle or a Whole Grain Cinnamon Swirl Bun All with Fresh Local Apple, Petite Banana, Orange Wedges, Diced Pears, Craisins, Sunflower Seeds

6

Apple & Beet Baked Oatmeal or a W.W. Bagel w/ Cream Cheese All with Local Apple, Fresh Pear, Grapefruit Wedges, Mixed Fruit Cocktail, Raisins, Sunbutter Cup

7

Whole Wheat Pancakes or a Yogurt cup with a WG Cereal Bar All with Local Apple, Orange Wedges, Fresh Strawberries, Diced Peaches, Craisins, Sunflower Seeds

8

Southwest Cheesy Oat Breakfast Bowl or a Whole Grain Cinnamon Crumb Cake All with Local Apple, Fresh Plum, Grapefruit Wedges, Preserved Apricots, Raisins, Sunbutter Cup

11

Veteran's Day



12

Avocado Toast with a Hard-Boiled Egg or a WG Muffin All with Apple, Fresh Nectarine, Grapefruit Wedges, Applesauce, Raisins, Sunbutter Cup

13

Whole Wheat Pancakes or a Yogurt cup with a WG Cereal Bar All with Local Apple, Fresh Pear, Grapefruit Wedges, Mixed Fruit Cocktail, Raisins, Sunbutter Cup

14

Denver Hearty Oat Bake or a Whole Grain Cinnamon Swirl Bun All with Local Apple, Orange Wedges, Fresh Strawberries, Diced Peaches, Craisins, Sunflower Seeds

15

Ham, Egg & Cheese Sandwich or a Fruit, Yogurt & Granola Parfait All with Local Apple, Fresh Plum, Grapefruit Wedges, Preserved Apricots, Raisins, Sunbutter Cup

18

Avocado Toast with a Hard-Boiled Egg or a WG Muffin All with Apple Slices, Fresh Nectarine, Grapefruit Wedges, Applesauce, Raisins, Sunbutter Cup

19

Ham, Egg & Cheese Sandwich or Orange & Cream Overnight Oats All with Fresh Local Apple, Petite Banana, Orange Wedges, Diced Pears, Craisins, Sunflower Seeds

20

W.W. Belgian Style Waffle or a W.W. Bagel with Cream Cheese All with Local Apple, Fresh Pear, Grapefruit Wedges, Mixed Fruit Cocktail, Raisins, Sunbutter Cup

21

Whole Grain French Toast Sticks or a Whole Grain Muffin All with Local Apple, Orange Wedges, Fresh Strawberries, Diced Peaches, Craisins, Sunflower Seeds

22

Scrambled Eggs & a WG Tortilla or a Whole Grain Cinnamon Crumb Cake All with Local Apple, Fresh Plum, Grapefruit Wedges, Preserved Apricots, Raisins, Sunbutter Cup

25

Ham, Egg & Cheese Sandwich or a Fruit, Yogurt & Granola Parfait All with Apple Slices, Fresh Nectarine, Grapefruit Wedges, Applesauce, Raisins, Sunbutter

26

Empanadas or a Whole Grain Cinnamon Crumb Cake All with Fresh Local Apple, Petite Banana, Orange Wedges, Diced Pears, Craisins, Sunflower Seeds

27

Whole Grain French Toast Sticks or a W.W. Bagel w/ Cream Cheese All with Local Apple, Fresh Pear, Grapefruit Wedges, Mixed Fruit Cocktail, Raisins, Sunbutter Cup

28

Happy Thanksgiving!



29



National Parfait Day!

A USDA Reimbursable Breakfast Includes... 1 Milk, a selection of Fruit, & a Whole Grain Breakfast Item

Alternative Milk Choices such as Lactaid & Soy Milk are available to any student with a documented dietary need

Skim Milk or 1% White, & Assorted 2 oz Whole Grain Cereals, 100% Fruit Juice, & Condiments are available daily

One Full Reimbursable Breakfast is Free to Each Student - A La Carte Items will be charged accordingly

If you have any questions or would like additional information regarding this menu, please contact your food service director at kbressani@rcmahar.org - This institution is an equal opportunity provider.

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