

November 2018 Elementary Breakfast Menu

Grab-n-Go breakfast is available with the following whole grain options: Cereal, Cereal Bar, Muffin Top, Pop Tart, with Cheese Stick or Yogurt, Fruit, 100% Fruit Juice, and Milk.

ISD 15 NUTRITION SERVICES ELEMENTARY BREAKFAST MENU for **SFE SOUTH**, CCCS, & EBCS
Student Breakfast \$1.45/ Second Breakfast \$2.00/ Adult Breakfast \$2.00

*Printable menu and detailed nutritional analysis is available at "http://www.isd15.org" www.isd15.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Whole Grain Waffles with Syrup Fruit 100% Fruit Juice Milk	2 PBJ on Whole Grain Fruit 100% Fruit Juice Milk
5 Apple or Cherry WG Frudel Fruit 100% Fruit Juice Milk	6 Colby Cheese Omelet ☺ Whole Grain Toast with Jelly Fruit 100% Fruit Juice Milk	7 School Baked Whole Grain Cinnamon Roll Fruit 100% Fruit Juice Milk	8 Whole Grain Pancake Turkey Sausage Bites ☺ Fruit 100% Fruit Juice Milk	9 Whole Grain Breakfast Pizza ☺ Fruit 100% Fruit Juice Milk
12 Whole Grain 2oz Mini Bagel with Cream Cheese & Jelly Fruit 100% Fruit Juice Milk	13 Whole Grain Banana Bread Slice Fruit 100% Fruit Juice Milk	14 School Baked Whole Grain Cinnamon Roll Fruit 100% Fruit Juice Milk	15 Whole Grain Pancakes with Turkey Sausage Patty and Syrup Fruit 100% Fruit Juice Milk	16 Whole Grain French Toast Sticks with Syrup Fruit 100% Fruit Juice Milk
19 Two Egg & Cheese Breakfast Sliders Fruit 100% Fruit Juice Milk	20 Whole Grain Pancake on a Stick Fruit 100% Fruit Juice Milk	21 90 Minute Late Start Grab-n-Go Breakfast Special Whole Grain Mini Donuts Fruit 100% Fruit Juice Milk	22 No School	23 No School
26 No School	27 Colby Cheese Omelet ☺ Whole Grain Toast with Jelly Fruit 100% Fruit Juice Milk	28 School Baked Whole Grain Cinnamon Roll Fruit 100% Fruit Juice Milk	29 Whole Grain Pancake Turkey Sausage Bites ☺ Fruit 100% Fruit Juice Milk	30 Whole Grain Breakfast Pizza ☺ Fruit 100% Fruit Juice Milk

☺ = USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at www.isd15.org. Students that receive free/reduced lunch also receive a free breakfast. Sending cash is at your own risk. Please send checks or use Visa, MasterCard, Discover, electronic check or debit card to purchase meals at <https://paypams.com>, a transaction fee will be assessed for each transaction. **Menu, product & nutritional information are subject to change per vendor product availability. This Institution is an equal opportunity provider.