



Monday

2
Whole Grain
Pancake Bites
With
a Dried Fruit Mix
And
Fresh Apple Slices,
Skim or 1% White Milk

9
2 Whole Grain
French Toast Sticks
With
a Dried Fruit Mix
And
Fresh Apple Slices,
Skim or 1% White Milk

16
Whole Grain Wild
Blueberry Snack'n Waffle
With
a Dried Fruit Mix
And
Fresh Apple Slices,
Skim or 1% White Milk

23
Whole Grain Eggo
Mini Confetti Pancakes
With
a Dried Fruit Mix
And
Fresh Apple Slices,
Skim or 1% White Milk

30
Whole Grain Sweet
Cinnamon Snack'n Waffle
With
a Dried Fruit Mix
And
Fresh Apple Slices,
Skim or 1% White Milk

Tuesday

3
1oz. WG RS Cinnamon
Toast Crunch Cereal
& Cheddar Cheese Cubes
With
Raspberry Lemonade Craisins
And
a Fruit Slushy Cup,
Skim or 1% White Milk

10
1oz. WG RS Cocoa Puff
Cereal & a String Cheese
With
Fruit Punch Craisins
And
a Fruit Slushy Cup,
Skim or 1% White Milk

17
1oz. WG RS Trix Cereal
& Cheddar Cheese Cubes
With
Strawberry Craisins
And
a Fruit Slushy Cup,
Skim or 1% White Milk

24
1oz. WG RS Marshmallow
Matey Cereal & a String Cheese
With
Watermelon Craisins
And
a Fruit Slushy Cup,
Skim or 1% White Milk

Wednesday

4
Turkey Sausage Egg
& Cheese Breakfast Burrito
With
100% Fruit Juice
And
A Fresh Local Pear,
Skim or 1% White Milk



18
Egg & Cheese Sandwich
on a Whole Wheat Croissant
With
100% Fruit Juice
And
A Fresh Local Pear,
Skim or 1% White Milk

25
Turkey Sausage, Egg
& Cheese Breakfast Scramble
With
100% Fruit Juice
And
Assorted Fresh Fruit,
Skim or 1% White Milk

Thursday

5
Whole Grain Cinnamon
Crumb Mini Loaf
With
100% Fruit Juice
And
an Applesauce Cup,
Skim or 1% White Milk

12
Whole Grain
Super Slice
With
100% Fruit Juice
And
a Strawberry Applesauce Cup,
Skim or 1% White Milk

19
Whole Grain Iced
Cinnamon Roll
With
100% Fruit Juice
And
a Strawberry Banana Applesauce
Cup, Skim or 1% White Milk

26
**Happy
Thanksgiving!**

Friday

6
Whole Grain Buttery
Maple Snack'n Waffle
With
Dried Apple Crisps
And
Fresh Banana,
Skim or 1% White Milk

13
Whole Grain
Poffitz Pancake Bites
With
Dried Apple Crisps
And
Fresh Banana,
Skim or 1% White Milk

20
Cinnamon Toast Crunch
Mini French Toast
With
Dried Apple Crisps
And
Fresh Banana,
Skim or 1% White Milk

27

We Heard You!

Students asked for more Hot Breakfast on our recent Survey!
So, we've gone from 2 Hot Breakfast Days per week... to 3!

One Full Reimbursable Breakfast is Free to Each Student

A La Carte Items will be charged accordingly

Menu is Subject to Change

Manage Your Student's Account Online www.MySchoolBucks.com

A USDA K-12 Reimbursable Breakfast Includes...1 Milk, a Whole Grain Item or a Plant/Animal Based Protein & Fruit or Vegetable

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

If you have any questions or would like additional information, please contact kbressani@rcmahar.org

This institution is an equal opportunity provider