

2016

# November

## Elementary Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>1</b> Bug Bites String Cheese Assorted Cereal Toast Fresh Fruit Fruit Juice	<b>2</b> Cheez-its Strawberry Yogurt Assorted Cereal Toast Fresh Fruit	<b>3</b> Apple Nutri-Grain Bar String Cheese Assorted Cereal Toast Fresh Fruit Fruit Juice	<b>4</b> Cinnamon Pop-tart String Cheese Assorted Cereal Toast Fresh Fruit	<p><b>Breakfast is the most important meal of the day! It has been proven that students who eat breakfast will perform better in school. Encourage your child to eat breakfast with us!</b></p> <p><b>Cereal Choices Daily:</b></p> <p>Apple Jacks Cheerios Cinnamon Toast Crunch Cocoa Puffs Lucky Charms Trix Golden Grahams Rice Krispies</p> <p><b>Fruit:</b> Apples, Oranges &amp; Banana</p> <p><b>Juice:</b> Apple, Orange, &amp; Fruit Punch</p>
<b>7</b> Apple Cinnamon Nutri-Grain Bar String cheese Assorted Cereal Toast Fresh Fruit	<b>8</b> Berry French Toast String Cheese Assorted Cereal Toast Fresh Fruit Fruit Juice	<b>9</b> Animal Crackers Strawberry Yogurt Assorted Cereal Toast Fresh Fruit	<b>10</b> Maple Pancakes String Cheese Assorted Cereal Toast Fresh Fruit Fruit Juice	<b>11</b> <b>NO SCHOOL</b>	
<b>14</b> Cinnamon Toast Crunch Bar String Cheese Assorted Cereal Toast Fresh Fruit	<b>15</b> Strawberry Bagel String Cheese Assorted Cereal Toast Fresh Fruit Fruit Juice	<b>16</b> Triple Berry French Toast Strawberry Yogurt Assorted Cereal Toast Fresh Fruit	<b>17</b> Blueberry Waffles String Cheese Assorted Cereal Toast Fresh Fruit Fruit Juice	<b>18</b> Cherry Strudel String Cheese Assorted Cereal Toast Fresh Fruit	
<b>21</b> Bagel with Cream Cheese String Cheese Assorted Cereal Toast Fresh Fruit	<b>22</b> Blueberry Muffin String Cheese Assorted Cereal Toast Fresh Fruit Fruit Juice	<b>23</b> Blueberry Nutri-Grain Bar Strawberry Yogurt Assorted Cereal Toast Fresh Fruit	<b>24</b> <b>NO SCHOOL</b>	<b>25</b> <b>NO SCHOOL</b>	
<b>28</b> <b>NO SCHOOL</b>	<b>29</b> Apple Strudel String Cheese Assorted Cereal Toast Fresh Fruit Fruit Juice	<b>30</b> Maple Mini Pancakes Strawberry Yogurt Assorted Cereal Toast Fresh Fruit	Paid: \$1.10 Reduced: \$0.30	Consuming raw or undercooked food may cause foodborne illness	

### Wyoming Valley West School District



**Take 3 of 4 Components:** Protein, Bread/Grain, Fruit and Milk. You can take 2 Bread/Grain options and count it as two components towards your meal!

**Milk:** 1% White, Non-Fat White, or Non-Fat Chocolate

Menus are subject to change without notice.

