



# November Breakfast Menu 2019

## Burke Basic School



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mini Pancakes 100% Fruit Juice Whole Apple  Choice of Milk
4 Crunchmania Crackers 100% Fruit Juice Whole Apple  Choice of Milk	5 Lowfat Yogurt Cheez Its Whole Apple Fresh Orange Wedges Choice of Milk	6 Cocoa Puffs Bar Fresh Orange Whole Apple  Choice of Milk	7 Apple Muffin Lucky Charms Cereal Applesauce Cup Fresh Orange Wedges Choice of Milk	8 Mini Waffles 100% Fruit Juice Whole Apple  Choice of Milk
11 Veterans Day No School	12 Apple Frudel Whole Apple Fresh Orange Wedges  Choice of Milk	13 Fruity Cheerios Cereal Vanilla Goldfish Crackers Fresh Orange Whole Apple Choice of Milk	14 Honeybun Applesauce Cup Fresh Orange Wedges  Choice of Milk	15 Mini Pancakes 100% Fruit Juice Whole Apple  Choice of Milk
18 Crunchmania Crackers 100% Fruit Juice Whole Apple  Choice of Milk	19 Lowfat Yogurt Cheez Its Whole Apple Fresh Orange Wedges Choice of Milk	20 Lucky Charms Cereal Mozzarella String Cheese Fresh Orange Wedges Whole Apple Choice of Milk	21 Apple Muffin Lucky Charms Cereal Applesauce Cup Fresh Orange Wedges Choice of Milk	22 Half Day Mini Waffles 100% Fruit Juice Whole Apple  Choice of Milk
25 Cinnamon Toast Crunch Cereal Apple Nutrigrain Bar 100% Fruit Juice Whole Apple Choice of Milk	26 Apple Frudel Whole Apple Fresh Orange Wedges  Choice of Milk	27 Thanksgiving No School	28 Thanksgiving No School	29 Thanksgiving No School

Drinking Water is made available to youth at all times at drinking fountains located in this facility  
 \*\*Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.  
 \*\*\*All meals are served with 1% White Milk or Skim Chocolate Milk  
 This Institution is an equal opportunity provider