

BREAKFAST

NOVEMBER 2011



We are striving to serve more products that are lower in fat and have higher grain/fiber contents.

Choice of Milk Daily - 1% Fat, Non-Fat White Milk

Grades K - 8

*These items contain pork. **These items may contain pork.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Breakfast Prices</u> (includes milk)</p> <p>Paid \$1.00 Reduced .30 Adult 1.50</p>	<p>Fresh Fruit or Chilled Fruit Cup</p> <p>Bean & Cheese Burrito or Choice of Cereal & Keebler Elf Graham</p> <p>1</p>	<p>100% Juice</p> <p>Pancake Sausage* Stick or Choice of Cereal & Cheddar Cheese</p> <p>2</p>	<p>Fresh Fruit or Chilled Fruit Cup</p> <p>Cheese Hot Pocket or Choice of Cereal & Honey Sunflower Seeds</p> <p>3</p>	<p>100% Juice</p> <p>Personal Pan Size Sausage Pizza* or Choice of Cereal & Whole Grain Graham Cracker</p> <p>4</p>
<p>100% Juice</p> <p>Choice of Cereal & Warm Cinnamon Bun</p> <p>7</p>	<p>Fresh Fruit or Chilled Fruit Cup</p> <p>Texas Cinnamon Toast or Choice of Cereal & Keebler Elf Graham</p> <p>8</p>	<p>100% Juice</p> <p>Pancake Stack or Choice of Cereal & String Cheese</p> <p>9</p>	<p>Fresh Fruit or Chilled Fruit Cup</p> <p>Beef Sausage Breakfast Sandwich or Choice of Cereal & Whole Grain Bear Graham</p> <p>10</p>	<p>No School</p> <p>Veteran's Day</p> <p>11</p>
<p>100% Juice</p> <p>Choice of Cereal & Trix Yogurt</p> <p>14</p>	<p>Fresh Fruit or Chilled Fruit Cup</p> <p>Breakfast Burrito or Choice of Cereal & Keebler Elf Graham</p> <p>15</p>	<p>100% Juice</p> <p>Waffle & Sausage Patty* or Choice of Cereal & Cheddar Cheese</p> <p>16</p>	<p>Fresh Fruit or Chilled Fruit Cup</p> <p>Mini Cheeseburger or Choice of Cereal & Honey Sunflower Seeds</p> <p>17</p>	<p>100% Juice</p> <p>Breakfast Cheese Bagel or Choice of Cereal & Whole Grain Graham Cracker</p> <p>18</p>
<p>Thanksgiving Holiday / No School Nov. 21st - 25th</p>				
<p>100% Juice</p> <p>Choice of Cereal & Warm Cinnamon Bun</p> <p>28</p>	<p>Fresh Fruit or Chilled Fruit Cup</p> <p>Whole Grain Cheese Filled Bread Stick w/Marinara Sauce or Choice of Cereal & Keebler Elf Graham</p> <p>29</p>	<p>100% Juice</p> <p>Morning Chocolate Muffin or Choice of Cereal & String Cheese</p> <p>30</p>	<p>There are many benefits to eating a healthy breakfast everyday:</p> <ul style="list-style-type: none"> - Helps you concentrate - Gives you strength - Helps maintain a healthy weight <p>Don't forget to make breakfast a part of your day and choose more whole grains, fruits and vegetables.</p>	
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<p>BREAKFAST SERVING SCHEDULE</p>				
<p>Arbolita El Cerrito Ladera Palma Las Lomas</p>	<p>1st Breakfast</p> <p>8:00 - 8:30 a.m. 7:30 - 8:00 a.m. 7:45 - 8:10 a.m. 7:45 - 8:20 a.m.</p>	<p>2nd Breakfast</p> <p>9:00 - 9:30 a.m. 8:45 - 9:00 a.m. 8:55 - 9:10 a.m. 9:00 - 9:20 a.m.</p>	<p>Las Positas Sierra Vista Walnut Imperial Washington</p>	<p>Breakfast</p> <p>7:40 - 8:05 a.m. 7:45 - 8:15 a.m. 7:25 - 7:55 a.m. 8:20 - 8:50 a.m. 8:20 - 8:50 a.m.</p>

Daily menu selections are subject to substitution by items of equal nutritional value as required.