



## NOVEMBER 2016: K-8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	New York Thursday 3	4
	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  <b>Organic Stonyfield Yogurt</b> Served with Craisins & Granola  Fresh Orange Slices	<b>Blueberry Pancakes</b> Served with Syrup <b>Turkey Sausage Patty</b>  <b>Hot Oatmeal</b>  100% Fruit Juice	<b>Upstate Farms®</b> <b>Cherry Vanilla Yogurt</b>  <b>Nature Valley™ Oats 'n</b> <b>Honey Granola Bar</b>  <b>Champlain Valley</b> <b>NY Apple Slices</b>	<b>Cheese Omelet</b> <b>Buttermilk Biscuit</b>  San Franola™ Granola Bowl  100% Fruit Juice
7	Election Day 8	9	New York Thursday 10	Veteran's Day 11
<b>Egg and Cheese Pita</b>  <b>Honey Corn Bread</b>  <b>Land O'Lakes®</b> <b>Mozzarella Cheese Stick</b>  100% Fruit Juice	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  <b>Organic Stonyfield Yogurt</b> Served with Craisins & Granola  Fresh Orange Slices	<b>French Toast Sticks</b> Served with Syrup <b>Turkey Canadian Bacon</b>  <b>Hot Oatmeal</b> Warm Peach Topper  100% Fruit Juice	<b>Yogurt Parfait</b>  <b>Whole Grain Croissant</b> with Grape Jelly  <b>Honey Roasted</b> <b>Sunflower Seeds</b>  <b>Champlain Valley</b> <b>NY Apple Slices</b>	<b>Bacon, Egg &amp; Cheese</b> <b>in Soft Wrap</b>  Multi Grain Cheerios  <b>Upstate Farms® Yogurt</b>  100% Fruit Juice
14	15	16	New York Thursday 17	18
<b>Egg &amp; Cheese</b> <b>Breakfast Sandwich</b>  <b>Warm Very Berry Bread</b>  <b>Land O'Lakes®</b> <b>Colby Cheese</b>  100% Fruit Juice	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  <b>Organic Stonyfield Yogurt</b> Served with Craisins & Granola  Fresh Orange Slices	<b>Buttermilk Pancakes</b> Served with Syrup <b>Turkey Sausage Patty</b>  <b>Hot Oatmeal</b>  100% Fruit Juice	<b>Upstate Farms®</b> <b>Peach Yogurt</b>  <b>Apple Cinnamon Bread</b>  <b>Whole Grain Bagel</b> with Cream Cheese & Jelly  <b>Champlain Valley</b> <b>NY Apple Slices</b>	<b>Cheese Omelet</b> <b>Soft Wrap</b> with Salsa  Back to the Roots® Organic Cinnamon Cereal Bowl  100% Fruit Juice
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<b>Beef Sausage &amp;</b> <b>White Cheddar Sandwich</b>  <b>Warm Banana Bread</b>  <b>Land O'Lakes®</b> <b>Colby Cheese</b>  100% Fruit Juice	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  <b>Organic Stonyfield Yogurt</b> Served with Craisins & Granola  Fresh Orange Slices	<b>Tasty Waffles</b> Served with Syrup <b>Turkey Canadian Bacon</b>  <b>Hot Oatmeal</b> Warm Peach Topper  100% Fruit Juice	<b>Upstate Farms®</b> <b>Strawberry Banana Yogurt</b> <b>Apple Cinnamon Granola</b>  <b>Whole Grain Croissant</b> with Cream Cheese & Jelly <b>Honey Roasted</b> <b>Sunflower Seeds</b> <b>Champlain Valley</b> <b>NY Apple Slices</b>	<b>Turkey Breakfast Burrito</b> with Taco Sauce  Back to the Roots® Organic Purple Corn Flakes Bowl  100% Fruit Juice
28	29	30	 <b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</b>	
<b>Turkey Bacon, Egg &amp;</b> <b>Cheese Breakfast Toast</b>  <b>Blueberry Bread</b>  <b>Land O'Lakes®</b> <b>Cheddar Cheese</b>  100% Fruit Juice	<b>Whole Grain Bagel</b> with Cream Cheese & Jelly  <b>Organic Stonyfield Yogurt</b> Served with Craisins & Granola  Fresh Orange Slices	<b>Cinnamon Pancakes</b> Served with Syrup <b>Turkey Sausage Patty</b>  <b>Hot Oatmeal</b>  100% Fruit Juice		

**Offered Daily:** Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, 100% Fruit Juice, Assorted Cold Cereal  
**Cold Cereal Choices:** Frosted Mini Wheats, Cinnamon Flakes, Multi-Grain Toasted Oats, Raisin Bran, San Franola Granola Bowl, Back to the Roots Organic Purple Corn Flakes, Back to the Roots Cinnamon Cereal  
**Breakfast Dipping Sauces (served with all hot sandwiches ONLY):** Ketchup, Hot Sauce, Salsa

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