







# November 2018 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
				November 1 <b>Turkey Ham &amp; Cheese on a Hawaiian Roll*</b> Applesauce	November 2 <b>Cheese Omelet with Toast*</b> Pears
	November 5 <b>Egg &amp; Cheese on a Croissant</b> Peaches	November 6 <b>Mini French Toast* with Syrup</b> Mixed Fruit	November 7 <b>Yogurt Parfait (strawberry or peach) &amp; Honey Oat Goldfish Cracker*</b> Pineapple	November 8 <b>Bacon &amp; Egg Breakfast Square*</b> Applesauce	November 9 <b>Bagel with Cream Cheese</b> Pears
	November 12 <b>Mini Chocolate Donuts*</b> Peaches	November 13 <b>Turkey Sausage &amp; Cheese Breakfast Sandwich*</b> Mixed Fruit	November 14 <b>Mini Maple Pancakes*</b> Pineapple	November 15 <b>Parfait with Oatmeal Bar* (apple or strawberry)</b> Applesauce	November 16 <b>Cheese Omelet with Toast*</b> Pears
	November 19 <b>Mini Cinnamon Rolls*</b> Peaches	November 20 <b>Breakfast Boat* with Turkey Bacon &amp; Scrambled Eggs</b> Mixed Fruit	November 21 <b>Muffins, Juice, Yogurt, Bagels, Fruit</b>  <b>EARLY DISMISSAL</b>	November 22 	November 23
	November 26 <b>Pancake Wrap*^ with Syrup</b> Peaches	November 27 <b>Cheese &amp; Egg Croissant*</b> Mixed Fruit	November 28 <b>Cinnamon Raisin Bagel* with Cream Cheese</b> Pineapple	November 29 <b>Turkey Ham &amp; Cheese on a Hawaiian Roll*</b> Applesauce	November 30 <b>Cheese Omelet with Toast*</b> Pears

## Additional Items Served Every Day:

- Assorted cereals\*
- Blueberry and banana muffins\*
- Bread\*, Jelly, Margarine
- Fresh fruit
- Yogurt cups
- 100% apple juice and orange juice
- Skim and 1% white milk plus fat-free chocolate milk with no artificial growth hormones or antibiotics

\*=Whole-grain item / ^=Item contains pork

Menu subject to change based on availability and quality of food items

## Breakfast Buzz

Each morning, stop by the cafeteria for a brain-boosting breakfast. Did you know that school breakfast provides important nutrients such as vitamins and minerals?

