



November 2020 Breakfast Menu – All Levels

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><u>Mayfield Milk Choices:</u></p> <p>White Skim (13) White 1% (13) Fat Free Chocolate(20) (No High Fructose Corn Syrup)</p>		<p>WG = Whole Grain Equivalent</p> <p>Select up to 2 offerings of fruit, fruit juice and/or vegetable choice of the day</p>	<p>Approximate grams of Carbohydrates per servings is shown in parenthesis</p> <p>WG Cereal (14-27) WG Post Cereal (14-27) Preschool WG Belly Bears (21)</p>
November 2 nd	November 3 rd	November 4 th	November 5 th	November 6 th
<p><u>Choose one</u></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><i>Student Holiday</i></p>	<p><u>Choose one</u></p> <p>Cinnamon Roll(37) – Ele/Middle/High WG French Toast Sticks(37) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Apple Cinnamon French Toast(45) – Ele/Middle/High WG French Toast Sticks(37) - Preschool</p> <p>or</p> <p>WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Biscuit & Gravy(28) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>
November 9 th	November 10 th	November 11 th	November 12 th	November 13 th
<p><u>Choose one</u></p> <p>Eggo Confetti Pancakes(36) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>Buttery Maple Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>
November 16 th	November 17 th	November 18 th	November 19 th	November 20 th
<p><u>Choose one</u></p> <p>Buttery Maple Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>Cinnamon Roll(37) – Ele/Middle/High WG French Toast Sticks(37) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>Twisted Blueberry Stick(24) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><u>Choose one</u></p> <p>WG Biscuit & Gravy(28) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>

November 23 rd	November 24 th	November 25 th	November 26 th	November 27 th
<p>Choose one WG Mini Breakfast Clusters(38) - Ele/Middle/High WG French Toast Sticks(37) - Preschool</p> <p>or</p> <p>WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>	<p><i>Manager's Choice</i></p>			
November 30 th				
<p>Choose one Buttery Maple Snack N' Waffle(37)</p> <p>or</p> <p>WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears</p> <p>Milk, Fruit, Juice Choice</p>				