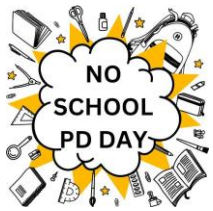
What's on the Menu?

Whitney Academy/North November Breakfast Menu

Staff Price $5.55

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Cinnamon roll  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	3 	4 Lemonade Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	5 Apple Cinnamon Oatmeal  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	6 Scrambled Cheezy Eggs Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
9 Sausage, Egg, and Cheese Biscuit Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	10 Apple Cinnamon Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	11 	12 Two Warm Pancakes  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	13 Scrambled Egg Pizza  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
16 Colby Jack Cheese Omelet Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	17 Whole Grain Banana Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	18 Pineapple Orange Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	19 Two Whole Grain Waffles  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	20 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
23 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	24 Whole Grain Blueberry Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	25 Apple Cinnamon Yogurt Parfait With Homemade Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	26 THANKSGIVING BREAK	27 
30 Ham, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit				
		ALTERNATE DAILY OPTION		
Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white, skim, and skim chocolate.

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Vegetarian

Locally Grown

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