

# November 2016

Central/Jefferson

**BREAKFAST**

## November is Good Nutrition Month.

Celebrate by eating lots of fruits and veggies, drinking plenty of water and eating healthy snacks.

**USDA is an Equal Opportunity Provider and Employer**

**Menu Information:** Juice, Fruit and Milk are offered with Breakfast all grains served at Breakfast are whole grain rich. (##) denotes carb count. (Fresh Fruit/Vegetable Program) snack of the day. Encourage your child to try a new fruit/vegetable when offered.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Mini Pancakes (40) **1**

Jicama  
w/Ranch Dressing

Breakfast Pizza (26) **2**

Sausage Bites (14) **3**

Cauliflower  
w/Ranch Dressing

**NO  
SCHOOL** **4**

Cinnamon Stuffed  
Pancakes (36) **7**

Ham & Egg Bar (9) **8**

Asian Pear

Cheese-filled  
Breadstick (17) **9**

Sausage/Cheese Biscuit(28) **10**

Daikon Radish

Muffin (31)  
Yogurt (19) **11**

Mini Waffles (38) **14**

Bacon/Egg/Cheese  
Boat(25) **15**

Persimmon

HMD Cinnamon Roll (40) **16**

Breakfast Pizza (14) **17**

Cranberry

Stuffed Pretzel (24) **18**

Sausage Bites (14) **21**

Apple Slices

Long John (40) **22**

Sweet Potatoes  
w/Ranch Dressing

Egg/Cheese Sandwich (19) **23**

**NO SCHOOL** **24**

**HAPPY THANKSGIVING**

**NO SCHOOL** **25**

**NO SCHOOL**

Mini Pancakes (40) **28**

Egg Taco (15) **29**

Pear

Mini French Toast (37) **30**

