November 2018- JAMS/ HS Breakfast						
Monday	Tuesday	Wednesday	Thursday	Friday		
			<u>1</u> Mini Waffles- Maple* Sausage Patty-(P) or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	<u>2</u> <u>No School</u>		
<u>5</u> Mini Pancakes* Sausage Patty-(P) or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	6 Brkfst Bites*(P) Pancake Syrup or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	T Cheese Omelet* Sausage Patty-(P) Toast or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	B Mini French Toast- Choco Chip* Sausage Patty-(P) or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	9 Sausage Biscuit & Gravy*(P) or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit		
12 Breakfast Pizza*(P) or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	13 Pancake on a Stick*(P) Pancake Syrup or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	Egg Wrap* Sausage Patty-(P) Salsa or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	15 Mini Waffles- Maple* Sausage Patty-(P) or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	16 Breakfast Sandwich*(P) or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit		
19 Mini Pancakes* Sausage Patty-(P) or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	20 Brkfst Bites*(P) Pancake Syrup or Cereal -Variety Oatmeal Muffin Bar* or Yogurt Cup* Oatmeal Muffin Bar* Included with each Meal Juice Milk* Fruit	21 No School	22 No School	23 No School		

<u>26</u>	27	28	29	30
Breakfast Pizza*(P)	Pancake on a Stick*(P)	Egg Wrap*	Mini Waffles- Maple*	Breakfast Sandwich*(P)
or	Pancake Syrup	Sausage Patty-(P)	Sausage Patty-(P)	or
Cereal -Variety	or	Salsa	or	Cereal -Variety
Oatmeal Muffin Bar*	Cereal -Variety	or	Cereal -Variety	Oatmeal Muffin Bar*
or	Oatmeal Muffin Bar*	Cereal -Variety	Oatmeal Muffin Bar*	or
Yogurt Cup*	or	Oatmeal Muffin Bar*	or	Yogurt Cup*
Oatmeal Muffin Bar*	Yogurt Cup*	or	Yogurt Cup*	Oatmeal Muffin Bar*
Included with each Meal	Oatmeal Muffin Bar*	Yogurt Cup*	Oatmeal Muffin Bar*	Included with each Meal
Juice	Included with each Meal	Oatmeal Muffin Bar*	Included with each Meal	Juice
Milk*	Juice	Included with each Meal	Juice	Milk*
Fruit	Milk*	Juice	Milk*	Fruit
	Fruit	Milk*	Fruit	
		Fruit		

^{*}Menu Subject to Change