

## November 2018- JAMS/ HS Breakfast

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
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|  |  |  | <u>1</u><br>Mini Waffles- Maple*<br>Sausage Patty-(P)<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit              | <u>2</u><br><u>No School</u>   |
| <u>5</u><br>Mini Pancakes*<br>Sausage Patty-(P)<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit  | <u>6</u><br>Brkfst Bites*(P)<br>Pancake Syrup<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit        | <u>7</u><br>Cheese Omelet*<br>Sausage Patty-(P)<br>Toast<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit | <u>8</u><br>Mini French Toast- Choco<br>Chip*<br>Sausage Patty-(P)<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit | <u>9</u><br>Sausage Biscuit &<br>Gravy*(P)<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit |
| <u>12</u><br>Breakfast Pizza*(P)<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit                 | <u>13</u><br>Pancake on a Stick*(P)<br>Pancake Syrup<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit | <u>14</u><br>Egg Wrap*<br>Sausage Patty-(P)<br>Salsa<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit     | <u>15</u><br>Mini Waffles- Maple*<br>Sausage Patty-(P)<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit             | <u>16</u><br>Breakfast Sandwich*(P)<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit        |
| <u>19</u><br>Mini Pancakes*<br>Sausage Patty-(P)<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit | <u>20</u><br>Brkfst Bites*(P)<br>Pancake Syrup<br>or<br>Cereal -Variety<br>Oatmeal Muffin Bar*<br>or<br>Yogurt Cup*<br>Oatmeal Muffin Bar*<br>Included with each Meal<br>Juice<br>Milk*<br>Fruit       | <u>21</u><br><u>No School</u>  | <u>22</u><br><u>No School</u>  | <u>23</u><br><u>No School</u>  |

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| <p style="text-align: center;"><b><u>26</u></b></p> <p style="text-align: center;">Breakfast Pizza*(P)<br/>or<br/>Cereal -Variety<br/>Oatmeal Muffin Bar*<br/>or<br/>Yogurt Cup*<br/>Oatmeal Muffin Bar*<br/>Included with each Meal<br/>Juice<br/>Milk*<br/>Fruit</p> | <p style="text-align: center;"><b><u>27</u></b></p> <p style="text-align: center;">Pancake on a Stick*(P)<br/>Pancake Syrup<br/>or<br/>Cereal -Variety<br/>Oatmeal Muffin Bar*<br/>or<br/>Yogurt Cup*<br/>Oatmeal Muffin Bar*<br/>Included with each Meal<br/>Juice<br/>Milk*<br/>Fruit</p> | <p style="text-align: center;"><b><u>28</u></b></p> <p style="text-align: center;">Egg Wrap*<br/>Sausage Patty-(P)<br/>Salsa<br/>or<br/>Cereal -Variety<br/>Oatmeal Muffin Bar*<br/>or<br/>Yogurt Cup*<br/>Oatmeal Muffin Bar*<br/>Included with each Meal<br/>Juice<br/>Milk*<br/>Fruit</p> | <p style="text-align: center;"><b><u>29</u></b></p> <p style="text-align: center;">Mini Waffles- Maple*<br/>Sausage Patty-(P)<br/>or<br/>Cereal -Variety<br/>Oatmeal Muffin Bar*<br/>or<br/>Yogurt Cup*<br/>Oatmeal Muffin Bar*<br/>Included with each Meal<br/>Juice<br/>Milk*<br/>Fruit</p> | <p style="text-align: center;"><b><u>30</u></b></p> <p style="text-align: center;">Breakfast Sandwich*(P)<br/>or<br/>Cereal -Variety<br/>Oatmeal Muffin Bar*<br/>or<br/>Yogurt Cup*<br/>Oatmeal Muffin Bar*<br/>Included with each Meal<br/>Juice<br/>Milk*<br/>Fruit</p> |
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\*Menu Subject to Change