



**METAMORA GRADE SCHOOL
BREAKFAST MENU
NOVEMBER 2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Long John or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	2 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	3 Yogurt & Granola or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	4 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk
7 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	8 Cinnamon Roll Or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	9 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	10 Scrambled Eggs, Bacon Or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	11 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk
14 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	15 Cinnamon Mini Bagels or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	16 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	17 Strawberry Pancakes & Sausage Link Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	18 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk
21 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	22 Long John or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	23 NO SCHOOL TEACHER INSTITUTE	24 HAPPY  THANKSGIVING	25 NO SCHOOL THANKSGIVING BREAK
28 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	29 Cinnamon Roll Or Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	30 Cereal, Toast Fresh Fruit 100% Fruit Juice Milk	