November

K-8 Breakfast Menu

ST MARCUS SCHOOL

Daily Rotating Cereals w. Graham. Cracker:

Monday
Cocoa Puffs

Tuesday
Lucky Charms

Wednesday
Apple Jacks

Thursday
Cheerios

Friday
Trix

All cereals are Whole Grain & Reduced Sugar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Frudel Fresh Picked Fruit 1% Wht & FF Choc Milk	3 Cinnamon Crunch Toast Bar Scooby Doo Crackers Fresh Picked Fruit 1% Wht & FF Choc Milk	4 Egg & Chz Brk Bagel Fresh Picked Fruit 1% Wht & FF Choc Milk	5 Chocolate Chip Muffin String Cheese Fresh Picked Fruit 1% Wht & FF Choc Milk	6 Strawberry Yogurt Vanilla Goldfish Grahams Fresh Picked Fruit 1% Wht & FF Choc Milk
9 Cocoa Puff Cereal Bowl Fresh Picked Fruit 1% Wht & FF Choc Milk	10 WG Maple Waffle Snaps Fresh Picked Fruit 1% Wht & FF Choc Milk	11 Pancake Breakfast Sandwich Fresh Picked Fruit 1% Wht & FF Choc Milk	12 Cinnamon Raisin Bagel Fresh Picked Fruit 1% Wht & FF Choc Milk	13 NO SCHOOL
16 Pumpkin Donut Holes Fresh Picked Fruit 1% Wht & FF Choc Milk	17 Cherry Yogurt Vanilla Goldfish Grahams Fresh Picked Fruit 1% Wht & FF Choc Milk	18 Mini Cinni Fresh Picked Fruit 1% Wht & FF Choc Milk	19 Cinn. Toast Crunch Bar Scooby Doo Crackers Fresh Picked Fruit 1% Wht & FF Choc Milk	20 Egg, Sausage English Muffin Fresh Picked Fruit 1% Wht & FF Choc Milk
23 Zee Zees breakfast bar Honey Grahams Fresh Picked Fruit 1% Wht & FF Choc Milk	24 Apple Cinnamon Muffin String Cheese Fresh Picked Fruit 1% Wht & FF Choc Milk	25 NO SCHOOL Thanksgiving Break	26 NO SCHOOL Thanksgiving Break	27 NO SCHOOL Thanksgiving Break
30 Whole Apple Cider Donuts Fresh Picked Fruit 1% Wht & FF Choc Milk				

Served Daily
Fresh Seasonal Fruits & Vegetables

Daily Milk Choices:
Milk: 1% Milk and FF Choc Milk

WG

All Juice is 100% Fruit

Menus are Subject to Change
Supply Chain Shortages May Cause Menu Changes.
Thank You for Your understanding

This institution is an equal opportunity provider.