

NOVEMBER 2009

BREAKFAST - SECONDARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Vegetarian Italian Bagels V WG</i> <i>Mini Sausage Rolls</i> <i>Multigrain Cheerios & Graham Crackers V WG</i> Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk	3 <i>Beef Sausage & Biscuit</i> <i>Whole Grain Pancakes & Chicken Hoagie WG</i> <i>Toasted Oats & Graham Crackers V WG</i> Fresh Apple Slices Chilled Orange Juice Choice of Milk	4 <i>Café LA Signature Coffee Cake V</i> <i>Fruit & Yogurt Parfait with Cinnamon Graham Crackers V</i> <i>Bran Flakes with Raisins & Cinnamon Graham Crackers V WG</i> Fresh Cut Honeydew Chilled Orange Juice Choice of Milk	5 <i>Cinnamon French Toasts & Chicken Hoagie</i> <i>Sliced Bagel with Lite Cream Cheese V</i> <i>Multigrain Cheerios & Graham Crackers V WG</i> Fresh Banana Chilled Apple Juice Choice of Milk	6 <i>Waffle Sticks & Beef Sausage Patty</i> <i>Home-Style Cinnamon Roll V</i> <i>Toasted Oats & Graham Crackers V WG</i> Orange Citrus Smiles Chilled Apple Juice Choice of Milk
9 <i>Vegetarian Italian Bagels V WG</i> <i>Mini Sausage Rolls</i> <i>Multigrain Cheerios & Graham Crackers V WG</i> Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk	10 <i>Beef Sausage & Biscuit</i> <i>Whole Grain Pancakes & Chicken Hoagie WG</i> <i>Toasted Oats & Graham Crackers V WG</i> Fresh Apple Slices Chilled Orange Juice Choice of Milk	11 <p style="text-align: center;">VETERANS DAY</p>	12 <i>Cinnamon French Toasts & Chicken Hoagie</i> <i>Sliced Bagel with Lite Cream Cheese V</i> <i>Multigrain Cheerios & Graham Crackers V WG</i> Fresh Banana Chilled Apple Juice Choice of Milk	13 <i>Waffle Sticks & Beef Sausage Patty</i> <i>Home-Style Cinnamon Roll V</i> <i>Toasted Oats & Graham Crackers V WG</i> Orange Citrus Smiles Chilled Apple Juice Choice of Milk
16 <i>Vegetarian Italian Bagels V WG</i> <i>Mini Sausage Rolls</i> <i>Multigrain Cheerios & Graham Crackers V WG</i> Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk	17 <i>Beef Sausage & Biscuit</i> <i>Whole Grain Pancakes & Chicken Hoagie WG</i> <i>Toasted Oats & Graham Crackers V WG</i> Fresh Apple Slices Chilled Orange Juice Choice of Milk	18 <i>Café LA Signature Coffee Cake V</i> <i>Fruit & Yogurt Parfait with Cinnamon Graham Crackers V</i> <i>Bran Flakes with Raisins & Cinnamon Graham Crackers V WG</i> Fresh Cut Honeydew Chilled Orange Juice Choice of Milk	19 <i>Cinnamon French Toasts & Chicken Hoagie</i> <i>Sliced Bagel with Lite Cream Cheese V</i> <i>Multigrain Cheerios & Graham Crackers V WG</i> Fresh Banana Chilled Apple Juice Choice of Milk	20 <i>Waffle Sticks & Beef Sausage Patty</i> <i>Home-Style Cinnamon Roll V</i> <i>Toasted Oats & Graham Crackers V WG</i> Orange Citrus Smiles Chilled Apple Juice Choice of Milk
23 <i>Vegetarian Italian Bagels V WG</i> <i>Mini Sausage Rolls</i> <i>Multigrain Cheerios & Graham Crackers V WG</i> Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk	24 <i>Beef Sausage & Biscuit</i> <i>Whole Grain Pancakes & Chicken Hoagie WG</i> <i>Toasted Oats & Graham Crackers V WG</i> Fresh Apple Slices Chilled Orange Juice Choice of Milk	25 <i>Café LA Signature Coffee Cake V</i> <i>Fruit & Yogurt Parfait with Cinnamon Graham Crackers V</i> <i>Bran Flakes with Raisins & Cinnamon Graham Crackers V WG</i> Fresh Cut Honeydew Chilled Orange Juice Choice of Milk	26 <p style="text-align: center;">THANKSGIVING DAY</p>	27 <p style="text-align: center;">THANKSGIVING DAY HOLIDAY</p>
30 <i>Vegetarian Italian Bagels V WG</i> <i>Mini Sausage Rolls</i> <i>Multigrain Cheerios & Graham Crackers V WG</i> Fresh Cut Cantaloupe Chilled Apple Juice Choice of Milk			V = Represent Vegetarian Entrée WG = Represent Whole Grain <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> M & C: 10/7/2009 </div>	Condiments Available: Grape Jelly, Strawberry Jam, Honey, Syrup