

NOVEMBER 2014

NUTRITION: \$3.00

Drink Choices:
1% Milk
Low Fat Chocolate Milk
Orange Juice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Eat the Rainbow!	Protein Dairy Vegetables Protein Choose My Plate.gov				1
2	Bagel w/ Cream Cheese Fruit	Breakfast Burrito Fruit	5 Yogurt & Granola Fruit	Cereal Fruit	EARLY DISMISSAL Strawberry Smoothie Granola	8
9	NO SCHOOL	NO SCHOOL VETERANS' DAY	12 Muffin Fruit	Cinnamon Pretzel Fruit	14 EARLY DISMISSAL Blueberry Smoothie Granola	15
16	17 Bagel w/ Cream Cheese Fruit	18 Breakfast Burrito Fruit	19 Yogurt & Granola Fruit	20 Cereal Fruit	21 EARLY DISMISSAL Strawberry Smoothie Granola	22
23/30	24/31 Bagel w/ Cream Cheese Fruit	25 Egg Muffinwich Fruit	26 NO SCHOOL	NO SCHOOL THANKSGIVING DAY	NO SCHOOL	29

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410