

Sylvan Heights Science Charter School

NOVEMBER 2018 Grab 'n Go Breakfast



MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			11/1 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	11/2 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice
11/5 Breakfast Pastry Fresh Apple Slices & 100% Juice	11/6 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	11/7 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	11/8 Managers Choice Mini Waffles Pineapple Tidbits & 100% Juice	11/9 Cereal Bowl Jungle Crackers Applesauce Cup & 100% Juice
11/12 NO SCHOOL	11/13 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	11/14 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	11/15 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	11/16 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice
11/19 Breakfast Pastry Fresh Apple Slices & 100% Juice	11/20 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	11/21 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	11/22 NO SCHOOL	11/23 NO SCHOOL
11/26 NO SCHOOL	11/27 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	11/28 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	11/29 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	11/30 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice

What Makes a Breakfast Meal?

Breakfast includes these

Meal Components:

Grains Fruits Milk

Students with Free Eligibility may participate in both Breakfast & Lunch at no cost.



GENERAL MILLS



Milk Choices Offered Daily

Fat Free Flavored

Fat Free and Low Fat Unflavored



Suggestions & Comments
Contact

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