

Sylvan Heights Science Charter School

November 2017 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>2 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice</p>	<p>3 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>
<p>6 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>7 Cereal Bowl Cinnamon Crisps Chilled Peaches & 100% Juice</p>	<p>8 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>9 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice</p>	
<p>13 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>14 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice</p>		<p>16 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice</p>	<p>17 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>
<p>20 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>21 Cereal Bowl Cinnamon Crisps Chilled Peaches & 100% Juice</p>		<p>Happy Thanksgiving</p> 	
<p>27 Breakfast Pastry Fresh Apple Slices & 100% Juice</p>	<p>28 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice</p>	<p>29 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice</p>	<p>30 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice</p>	<p>December 1 Cereal Bowl Fortified Pro-Star Donut Orange Smiles & 100% Juice</p>

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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