

# Crestview Nov. Local Breakfast

Food Service Director: Jackilyn Wilmes

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Sliced Peaches and Fruit Juice Choice of Milk	2 Stuffed Bagel with Cream Cheese or Assorted Whole Grain Cereal with Toast Mandarin Oranges and Fruit Juice Choice of Milk	3 French Toast Sticks with Sausage or Assorted Whole Grain Cereal with Toast Sliced Orange and Fruit Juice Choice of Milk	4 Whole Grain Mini Cinnamon Rolls or Assorted Whole Grain Cereal with Toast Fresh Banana and Fruit Juice Choice of Milk
7 Blueberry Muffin or Assorted Whole Grain Cereal with Toast Banana and Fruit Juice Choice of Milk	8 No School	9 Egg and Cheese English Muffin or Assorted Whole Grain Cereal with Toast Mixed Fruit and Fruit Juice Choice of Milk	10 Stuffed Bagel with Strawberry Cream Cheese or Assorted Whole Grain Cereal with Toast Applesauce and Fruit Juice Choice of Milk	11 Pancakes with Sausage Links or Assorted Whole Grain Cereal with Toast Sliced Pears and Fruit Juice Choice of Milk
14 Pillsbury Maple Pancakes or Assorted Whole Grain Cereal with Toast Mixed fruit and Fruit Juice Choice of Milk	15 French Toast Sticks or Assorted Whole Grain Cereal with Toast Peaches and Fruit Juice Choice of Milk	16 2 WG Waffles or Assorted Whole Grain Cereal with Toast Strawberries and Fruit Juice Choice of Milk	17 Egg and Cheese Biscuit or Assorted Whole Grain Cereal with Toast Pears and Fruit Juice Choice of Milk	18 Pillsbury Apple Danish or Assorted Whole Grain Cereal with Toast Golden Apple and Fruit Juice Choice of Milk
11 Strawberry Pop tarts or Assorted Whole Grain Cereal with Toast Mandarin Oranges and Fruit Juice Choice of Milk	22 Ham & Cheese Croissant or Assorted Whole Grain Cereal with Toast Diced Pears and Fruit Juice Choice of Milk	23 No School	24 No School	25 No School
28 No School	29 Pillsbury Mini French toast or Assorted Whole Grain Cereal with Toast Strawberries and Fruit Juice Choice of Milk	30 Egg & Cheese Croissant or Assorted Whole Grain Cereal with Toast Sliced Apples and Fruit Juice Choice of Milk		

## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

### Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins  
Chocolate Chip Oatmeal Breakfast Bar  
Warm Grab & Go Breakfast Sandwiches  
Fortified Breakfast Pastries  
Warm Bagels  
Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.

Whole Grains Available Daily



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

Proud to manage your food service program



Meal Prices:  
Paid \$1.35  
Reduced \$.30

This institution is an equal opportunity provider.

MENUS SUBJECT TO CHANGE