November 2018 Sunrise Starters Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
				November 1 **Turkey Ham & Cheese on a Hawaiian Roll*** Applesauce	November 2 **Cheese Omelet with Muffin*** Pears
	November 5 **Sausage Sliders*** Peaches	November 6 **Mini French Toast* with Syrup** Mixed Fruit	November 7 **Yogurt Parfait (strawberry or peach) & Honey Oat Goldfish Cracker*** Pineapple	November 8 **Bacon & Egg Breakfast Square*** Applesauce	November 9 **Blueberry Waffle* with Syrup** Pears
	November 12 **Mini Chocolate Donuts*** Peaches	November 13 **Turkey Sausage & Cheese Breakfast Sandwich*** Mixed Fruit	November 14 **Mini Maple Pancakes*** Pineapple	November 15 **Smoothie (variety) with Oatmeal Bar* (apple or strawberry)** Applesauce	November 16 **Cheese Omelet with Muffin*** Pears
	November 19 **Mini Cinnamon Rolls*** Peaches	November 20 **Breakfast Boat* with Turkey Bacon & Scrambled Eggs** Mixed Fruit	November 21 **French Toast Sticks* with Syrup** Pineapple	November 22 	November 23
	November 26 **Pancake Wrap*^ with Syrup** Peaches	November 27 **Canadian Bacon & Egg Croissant*** Mixed Fruit	November 28 **Strawberry Cream Cheese Bagel*** Pineapple	November 29 **Turkey Ham & Cheese on a Hawaiian Roll*** Applesauce	November 30 **Cheese Omelet with Muffin*** Pears

Additional Items Served Every Day:

- Assorted Cereals*
- Blueberry, Banana & Chocolate Muffins*
- Fresh Fruit
- Yogurt Cups
- 100% Apple, Orange, Grape &/or Cranberry Juice
- Skim and 1% White milk fat-free Chocolate milk fat-free Strawberry Plus fat-free Vanilla with no artificial growth hormones or antibiotics

*=Whole-grain item / ^=Item contains pork
Menu subject to change based on availability and quality of food items

Breakfast Buzz

Each morning, stop by the cafeteria for a brain-boosting breakfast. Did you know that school breakfast provides important nutrients such as vitamins and minerals?

School Breakfast

This institution is an equal opportunity employer