



# November

2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



PANCAKES, or  
MUFFIN or  
CEREAL  
Banana  
Orange Juice **01**

CINNAMON  
ROLL or Cereal  
APPLE CRISPS  
Fresh Fruit **02**

EGG SANDWICH  
Or French Toast  
or Cereal &  
Apple Juice  
Fresh Fruit **03**

MUFFIN,  
BLUEBERRY or  
Apple Cin.  
Crumble or Cereal  
Apple Juice  
Fresh fruit **06**

CEREAL, 2 oz  
or Breakfast Bagel  
Bites OR Pop Tart  
Banana  
Craisins **07**

SAUSAGE  
MUFFIN or Omlet  
or Cereal  
Orange Juice  
Fresh Apple Slices **08**

BAGEL  
Cream Cheese PC  
or Cereal & toast  
or Muffin  
Apple Juice  
Fresh Orange **09**

FRENCH  
TOAST MINIS or  
Oatmeal Bar &  
Cheese Stick or PBJ  
Pocket  
Fresh Fruit  
Applesauce Cup **10**

PB&J POCKET or  
Nutri Grain Bar &  
PB Cup or Cereal  
PB Cup, Celery  
Fresh Apple **13**

BREAKFAST  
APPLE BAR or  
Banana Bread or  
Muffin  
Applesauce Cup  
Fresh Fruit **14**

CEREAL, Honey  
Nut Cheerios  
Celery Sticks w/PB  
Jiff or Omlet or  
Cereal & Toast  
Fruit & JUICE **15**

OATMEAL BAR,  
Cheese Stick or Bfst  
Pizza or Cereal  
Apple XL **16**

BREAKFAST  
PIZZA or Apple  
Frudel, or Cereal  
Apple Juice  
Fresh Fruit **17**

THANKSGIVING  
BREAK → **20**

→ **21**

→ **22**

HAPPY  
THANKSGIVING **23**  


→No School **24**

PANCAKE ON  
A STICK or  
Waffles or Cereal  
Apple Juice  
SEASONAL FRUIT **27**

CEREAL, 2 OZ  
or PBJ Pocket or  
Muffin  
Fresh Fruit **28**

ZUCCHINI  
BREAD SLICE or  
Muffin or Cereal &  
Ch. Stick  
Fresh Apple  
JUICE **29**

CEREAL or  
Graham Crackers  
w/ Yogurt or  
Breakfast Bagel  
Bites,  
XL Apple **30**

APPLE  
CINNAMON  
CRUMBLE or  
Egg wrap or  
Cereal  
Fresh Orange  
Applesauce cup

## InSeason! Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are now over 600 varieties of oranges worldwide.



Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (60°F - 84 °F).

## Announcements

Nutritional information may be viewed at

<http://belen.healtheliving.net>

Menus are subject to change due to food availability/shortages from our distributors.

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## HS-INF HS & MS

Milk available daily.

Fruit choices-seasonal. May change due to product availability.

