

MTES and OTES November Preschool and All Aboard Breakfast Menu
Serving ages 3-4

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Turkey Sausage Breakfast Pizza (1 pkg, 2.5G, 1M) Fresh Apple 1 each 1% Unflavored Milk (1 C)</p>	<p>2 Cinnamon Toast Crunch Cereal (1G, 1 Pkgs) Mixed Tropical Fruit s (½ C) 1% Unflavored Milk (1 C)</p>	<p>3 Fluffy Pancakes w/ Sausage Patty (2 G, 1M) Juicy Mandarin Oranges (½ Cup) 1% Unflavored Milk (1 C) Syrup</p>	<p>4 Scrambled Eggs w/ Biscuit (2G, 2M) Fresh Apple (1 Each) 1% Unflavored Milk (1 C) Jelly Packet</p>	<p>5 No School - Banana Bread (1G, 1 pkgs) 1% Unflavored Milk (1 C)</p>
<p>8 Delicious Blueberry Muffin (1G, 1 pkg) Sweet Mixed Fruit (½ C) 1% Unflavored Milk (1 C)</p>	<p>9 Sweetened Sunbutter Bagel (1 M, 2G) Fresh Pear (1 each) 1% Unflavored Milk (1 C)</p>	<p>10 Fluffy Jumbo Waffles w/ Turkey Sausage (1 M, 2G) Syrup Fresh Apple (1 Each) 1% Unflavored Milk (1 C)</p>	<p>11 Warm Cinnamon Oatmeal (1 G) Fresh Banana (1 each) 1% Unflavored Milk (1 C)</p>	<p>12 Rice Chex (1G, 1 Pkgs) Diced Pears (½ C) 1% Unflavored Milk (1 C)</p>
<p>15 Fluffy Pancakes w/ Sausage Patty (2G, 1M, 1 pkg) Syrup Fresh Grapes (½ C) 1% Unflavored Milk (1 C)</p>	<p>16 Delicious Blueberry Muffin (1g, 1pkg) Juicy Pineapple Tidbits (½ C) 1% Unflavored Milk (1 C)</p>	<p>17 Mandarin Orange Parfait w/ Graham Crackers (1M, 1G, 1pkg) 1% Unflavored Milk (1 C)</p>	<p>18 Turkey Sausage Breakfast Pizza (1M, 1.75G, 1g, 1pkg) Fresh Apple (1 each) 1% Unflavored Milk (1 C)</p>	<p>19 Mini Cinnamon Cream Cheese Bagels (2G, 1 pkg) Fresh Banana (1 each) 1% Unflavored Milk (1 C)</p>
<p>22 Cinnamon Chex Cereal (1G, 1 pkg) Sweet Mixed Fruit (½ C) 1% Unflavored Milk (1 C)</p>	<p>23 Homemade Biscuit & Gravy w/ Turkey Sausage (2G, .25 M, 1 pkd) Fresh Orange Slices (½ C) 1% Unflavored Milk (1 C)</p>	<p>24 Thanksgiving Break - Breakfast Snack Banana Muffin (1G) 1% Unflavored Milk (1 C)</p>	<p>25 Thanksgiving</p>	<p>26 Thanksgiving</p>
<p>29 Golden Banana Bread Slice (1G, 1 pkgs) Juicy Pineapple Tidbits (½ C) 1% Unflavored Milk (1 C)</p>	<p>30 Egg, Turkey Sausage & Cheese Burrito (1.5G, 1 M, 1 pgks) Juicy Mandarin Oranges (½ C) 1% Unflavored Milk (1 C)</p>	<p>1 Fluffy Pancakes (1G) Syrup Fresh Banana (1 each) 1% Unflavored Milk (1 C)</p>	<p>2 Turkey Sausage Patty w/ Biscuit (1M, 1G 1 pkgs) Syrup Mixed Tropical Fruit (½ C) 1% Unflavored Milk (1 C)</p>	<p>3 Turkey Sausage Breakfast Pizza (1.5G, 1M) Fresh Apple (1 each) 1% Unflavored Milk (1 C)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Mini Corn dogs (2M, 2G) Green Bell Pepper (¼ C) Diced Pears (¼ C) 1% Unflavored Milk (1 C)</p>	<p>2 Grilled Cheese Sandwich (1M, 2G) Cooked Mixed Veggies (¼ C) Fresh Grapes (1/4 C) 1% Unflavored Milk (1 C)</p>	<p>3 Mozzarella Cheese Quesadilla (1M, 2 G) Steamed Corn (1/4 C) Fresh Banana (1 Each) 1% Unflavored Milk (1 C)</p>	<p>4 Grilled Cheeseburger (2.5M, 2G) Potato Wedges (1/4 C) Mixed Tropical Fruit (¼ C) 1% Unflavored Milk (1 C)</p>	<p>5 No School - Students Bring Lunch</p>
<p>8 Breaded Popcorn Chicken (2M, 1G) Green Peas (1/4 C) Fresh Orange Slices (1/4 C) 1% Unflavored Milk (1 C)</p>	<p>9 Cheese Stuffed Breadstick w/ Marinara Sauce (2M, 2G) Green Beans (¼ C) Mixed Tropical Fruit (1/4 C) 1% Unflavored Milk (1 C)</p>	<p>10 Delicious Cheese Pizza (1.5M, 1.75G) Baby Carrots (¼ C) Banana (¼ C) 1% Unflavored Milk (1 C)</p>	<p>11 Fresh Turkey & Cheese Sub (2M, 2G) Fresh Broccoli (¼ C) Diced Pears (¼ C) 1% Unflavored Milk (1 C)</p>	<p>12 Cheesy Scrambled Eggs w/ Waffles (2M, 2G) Hash Brown (¼ C) Juicy Pineapple (1/4 C) 1% Unflavored Milk (1 C)</p>
<p>15 Sunbutter & Jelly Sandwich w/ String Cheese (2M, 2G) Steamed Broccoli Florets (1/4 C) Fresh Apple (1 each) 1% Unflavored Milk (1 C)</p>	<p>16 Turkey Hot Dog (2M, 2G) Cooked Mixed Veggies (1/4 C) Sweet Diced Peaches (1/4 C) 1% Unflavored Milk (1 C)</p>	<p>17 Herb Roasted Turkey w/Stuffing & Roll (2M, 2G) Garlic Mashed Potatoes w/ Gravy (1/4 C) Juicy Mandarin Oranges (1/4 C) 1% Unflavored Milk (1 C)</p>	<p>18 Breaded Popcorn Chicken (2M, 2G) Fresh Baby Carrots (1/4 C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)</p>	<p>19 Scrambled Eggs w/Pancakes (2M, 2G) Syrup Hash Brown Sticks (1/4 C) Mixed Tropical Fruit t (1/4 C) 1% Unflavored Milk (1 C)</p>
<p>22 Sunbutter & Jelly Sandwich w/ String Cheese (2M, 2G) Green Bell Pepper (¼ C) Fresh Orange Slices (¼ C) 1% Unflavored Milk (1 C)</p>	<p>23 Turkey & Cheese Wrap (2M, 2G) Fresh Baby Carrots (¼ C) Sliced Apples (¼ C) 1% Unflavored Milk (1C)</p>	<p>24 No School - Students Bring Lunch</p>	<p>25 No School</p>	<p>26 No School</p>
<p>29 Golden Chicken Corn Dog (2M, 2G) Steamed Corn (¼ C) Fresh Orange Slices (¼ C) 1% Unflavored Milk</p>	<p>30 Grilled Cheeseburger (2M, 2G) Seasoned Potato Wedge 8-Cut (¼ C) Juicy Pineapple Tidbits (¼ C) 1% Unflavored Milk</p>	<p>1 Fresh Turkey & Cheese Sub (2M, 2G) Fresh Celery Sticks (¼ C) Fresh Orange Slices (¼ C)</p>	<p>2 Mozzarella Cheese Quesadilla (2M, 2G) Green Beans (¼ C) Fresh Banana (¼ C) 1% Unflavored Milk (1C)</p>	<p>3 Grilled Cheese Sandwich (2M, 2G) Fresh Broccoli Florets (¼ C) Mixed Tropical Fruit (¼ C) 1% Unflavored Milk</p>

(1C)	(1C)	1% Unflavored Milk (1C)		(1C)
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- Alternate food choice: Sunbutter and jelly