



# CP October- November Breakfast Menu



Chef Metz is "Cookin' Up ....."



Monday Oct 29, 2018	Tuesday Oct 30, 2018	Wednesday Oct 31, 2018	Thursday Nov 1, 2018	Friday Nov 2, 2018
Sausage Links With Toast	Ham And Cheese On A Croissant	Scrambled Eggs With Toast	Breakfast Pizza	No School
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	

**What is a Meal?**

**You must Choose at least 3 of the 4 components available for the school breakfast.**

**Choice of : Grain or protein  
Choice of fruit or vegetable  
(must take at least a 1/2 cup)**

**And  
Choice of Milk  
1% white, Fat Free White, Chocolate, Vanilla or Strawberry**

Monday Nov 5, 2018	Tuesday Nov 6, 2018	Wednesday Nov 7, 2018	Thursday Nov 8, 2018	Friday Nov 9, 2018
Donuts	Sausage And Cheese On A Bagel	Mini Cinnamon Roll	Yogurt And A Banana Loaf	Mini Pancakes
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Monday Nov 12, 2018	Tuesday Nov 13, 2018	Wednesday Nov 14, 2018	Thursday Nov 15, 2018	Friday Nov 16, 2018
Cherry Frudel	Yogurt And A Blueberry Loaf	Bagel with Cream Cheese	Sausage Links With Toast	Ham And Cheese Bagel
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh Fruit Or Assorted Canned Fruit	Assorted 100% Fruit Juice & Fresh Fruit Or Assorted Canned Fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice Of Milk	Choice Of Milk	Choice Of Milk	Choice Of Milk

**Fruit May Include:**  
Canned Peaches, pineapple applesauce, pears, Fruit Cocktail, mandarin oranges  
100% juice (apple, orange)  
Fresh Fruit selection including apples, bananas and oranges

Monday Nov 19, 2018	Tuesday Nov 20, 2018	Wednesday Nov 21, 2018	Thursday Nov 22, 2018	Friday Nov 23, 2018
Mini Cinnamon Roll Or	Egg And Cheese On a Biscuit	Yogurt And A Blueberry Loaf	No School	No School
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears		
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit		
Choice of Milk	Choice of Milk	Choice of Milk		

Happy Thanksgiving

Monday Nov 26, 2018	Tuesday Nov 27, 2018	Wednesday Nov 28, 2018	Thursday Nov 29, 2018	Friday Nov 30, 2018
No School	Sausage Egg And Cheese On A Bagel	Breakfast Pizza Or	Sausage And Pancake On A Stick	Cherry Frudel Or
	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

**Whole Grain Cereal**  
Selection May Include:  
Cinnamon Toast Crunch  
Cocoa Puffs  
Trix  
Lucky Charms  
Cheerios

Breakfast Pizza Offered Daily  
**Donuts Offered Daily**

Monday	Tuesday	Wednesday	Thursday	Friday

**Debbie Helstern**  
724.253.3255 x 1228

For your convenience we now offer a way to pay online. Go to "www.payforit.net" to find out more.