

# Garfield Pre K School

November 2017  
Breakfast Menu

## Get a Healthy Start to Your Day with School Breakfast!

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

Breakfast will not be served when there is a delayed opening

Student Breakfast

\$1.40

Reduced Breakfast

\$0.30

Adult Breakfast

\$3.00

take time for  
**school  
BREAKFAST**



### NUTRITION NEWS:

Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and pears and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!



All Meals Options Served with Choice of Flavored Fat Free Milk or Unflavored 1% Milk/Fat Free Milk



Monday	Tuesday	Wednesday	Thursday	Friday
	Try to fill at least half your plate with fruits and vegetables!			
		1 Frosted Flakes with Graham Crackers 100% Juice or Fruit Milk Selection	2 Mini Maple Pancakes 100% Juice or Fruit Milk Selection	3 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection
6 Rice Krispies with Graham Crackers 100% Juice or Fruit Milk Selection	7 School Closed	8 Froot Loops with Graham Crackers 100% Juice or Fruit Milk Selection	9 School Closed	10 School Closed
13 Cheerios with Graham Crackers 100% Juice or Fruit Milk Selection	14 Mini Chocolate Chip French Toast 100% Juice or Fruit Milk Selection	15 Apple Jacks with Animal Cookies 100% Juice or Fruit Milk Selection	16 Mini Maple Waffles 100% Juice or Fruit Milk Selection	17 Bageler (Bagel) Stix with Cream Cheese 100% Juice or Fruit Milk Selection
20 Apple Jacks with Animal Cookies 100% Juice or Fruit Milk Selection	21 Mini Maple Pancakes 100% Juice or Fruit Milk Selection	22 Frosted Flakes with Graham Crackers 100% Juice or Fruit Milk Selection	23 School Closed	24 
27 Mini Original French Toast 100% Juice or Fruit Milk Selection	28 Froot Loops with Graham Crackers 100% Juice or Fruit Milk Selection	29 Mini Chocolate Chip French Toast 100% Juice or Fruit Milk Selection	30 Mini Maple Waffles 100% Juice or Fruit Milk Selection	

MENU SUBJECT TO CHANGE

 Maschio's Food Services, Inc.

"This institution is an equal opportunity provider"

Please Visit:  
[www.maschiofood.com](http://www.maschiofood.com)