

NOVEMBER 2022 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Berry French Toast Fruit Cup 100% Fruit Juice	2 Egg & Cheese English Muffin Applesauce Cup Fresh Fruit	3 Cheddar Cheese Omelet Biscuit Fresh Fruit Craisins	4 Strawberry Nutri-Grain Bar Cheese Cubes Fresh Fruit 100% Fruit Juice
7 Cinnamon Chex Animal Crackers Fruit Cup Fresh Fruit	8 Turkey Sausage Pancake Wrap Applesauce Cup Fresh Fruit	9 Mini Maple Waffles Cheese Stick Fresh Fruit 100% Fruit Juice	10 Poultry Sausage & Cheese Bagel Fresh Fruit Fruit Cup	11 Cheerios Bug Bite Grahams Fresh Fruit Applesauce Cup
14 Mini Cinnamon Creamy Cheese Bagel Fresh Fruit 100% Fruit Juice	15 Egg & Cheese English Muffin Fruit Cup Fresh Fruit	16 Homestyle Breakfast Chicken Patty & Cheese Fresh Fruit Applesauce Cup	17 Cinnamon French Toast Fresh Fruit Craisins	18 Pumpkin Loaf Fresh Fruit 100% Fruit Juice
21 Reduced Sugar Cinnamon Toast Crunch Vanilla Yogurt Fresh Fruit 100% Fruit Juice	22 Turkey Sausage Breakfast Pizza Applesauce Cup Fresh Fruit	23 Blueberry Muffin Cheese Stick Fresh Fruit Fruit Cup	 <p><i>Thanksgiving</i></p>	
28 Lucky Charms Vanilla Yogurt Fresh Fruit 100% Fruit Juice	29 Mini Blueberry Waffles Cheese Stick Fresh Fruit Applesauce Cup	30 Breakfast Calzone Fresh Fruit 100% Fruit Juice	<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 2em; margin-right: 10px;">TASTE THE SUNSET</div> <div> <p>Fall is the perfect time to grab some warm, golden-orange fruits and veggies. Most orange-colored produce is high in beta-carotene and vitamin C. Our bodies convert beta-carotene into vitamin A, which supports eye, skin, and muscle health. Meanwhile, vitamin C is essential to the repair and growth of all tissues, including your bones and cartilage. Orange foods that are high in beta-carotene and vitamin C include pumpkins, carrots, papayas, oranges, peaches, and cantaloupe.</p> </div> </div>	

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
 - Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
 - Nutrition and allergen information available at www.FSPro.com
 - Menu items do not contain pork
 - + Item does not contain meat
- *Menu Subject to Change*

Please visit us at www.FSPro.com

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This institution is an equal opportunity provider.

