

# November 2018

## PLAINVILLE HS HOT BREAKFAST MENU

Breakfast Price Paid- \$1.25

Reduced -\$.30

Free-to students that qualify

[www.plainvilleschools.org](http://www.plainvilleschools.org)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><b>WG=Whole Grain</b></p> <p><b>Breakfast is not served on Delayed Opening days</b></p>	<p>Variety of Cereals and Breakfast Breads Offered Daily</p>	<p>All Items Listed are HOT Breakfast</p>	<p>Egg and Cheese on WG English muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">1</p>	<p>WG Roll w/ Egg and Turkey Bacon With Seasonal Fresh Fruit or Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p>
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
<p>Egg and Cheese on WG English muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">5</p>	 <p style="text-align: center;"><b>ELECTION DAY</b></p>	<p>WG Maple Glazed French Toast With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">6</p>	<p>WG Bagel w/Egg and Cheese With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">7</p>	<p>Waffle w/ Egg Patty, Syrup With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">8</p>
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
<p>Egg and Cheese on WG English muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">12</p>	<p>Whole Grain Bagel w/Egg and Cheese With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">13</p>	<p>Breakfast Burrito (Egg, Cheese, Salsa) WG Tortilla With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">14</p>	<p>Waffle w/ Egg Patty, Syrup With Choice of Fresh Fruit in Season Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">15</p>	<p>WG Roll w/ Egg and Turkey Bacon With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">16</p>
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
<p>Egg and Cheese on WG English muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">19</p>	<p>WG Roll w/ Egg and Turkey Bacon With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">20</p>	<p>Waffle w/ Egg Patty, Syrup With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">21</p>	 <p style="text-align: center;"><b>Happy Thanksgiving</b></p>	<p style="text-align: right;">23</p>
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				
<p>Egg and Cheese on WG English muffin With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">26</p>	<p>Whole Grain Bagel w/Egg and Cheese With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">27</p>	<p>Waffle w/ Egg Patty, Syrup With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">28</p>	<p>WG Roll w/ Egg and Turkey Bacon With Seasonal Fresh Fruit Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">29</p>	<p>Breakfast Burrito (Egg, Cheese, Salsa) WG Tortilla Chilled Fruit Cup or 100% Fruit Juice Choice of Milk</p> <p style="text-align: right;">30</p>
Daily Alternate: Whole Grain Cereal Assortment with Graham Crackers, Fresh or Chilled Cup Fruit, Choice of Milk				

*Daily Alternate indicates main Breakfast entrée alternative – Fruit components listed on menu are available with cereal alternative. cereal alternative. Non-fat chocolate, skim, or 1% milk is available with each Breakfast. Students can use meal account funds to pay for Breakfast! Call or e-mail us with questions or comments, Michael Koch Food Service Director at 793-3234, [kochm@plainvilleschools.org](mailto:kochm@plainvilleschools.org)*