




## Breakfast November 2009

Full Price \$1.75  
 Reduced Price \$0.30  
 Milk \$0.50

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| 2<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin  | 3<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin  | 4<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin  | 5<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin  | 6<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin  |
| 9<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin  | 10<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin | 11<br><b>NO SCHOOL</b><br><b>VETERANS DAY</b>  | 12<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin   | 13<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin |
| 16<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin | 17<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin | 18<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin | 19<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin   | 20<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin |
| 23<br><b>No SCHOOL</b>   | 24<br><b>No SCHOOL</b>   | 25<br><b>No SCHOOL</b>   | 26<br><b>NO SCHOOL</b><br><b>HAPPY THANKSGIVING!</b><br> | 27<br><b>No SCHOOL</b>   |
| 30<br>Yogurt with Graham Crackers<br>Unsweetened Cereals<br>Bagel with Low Fat Cream Cheese Muffin |  |  |  |  |

I'm Lift Off your Well Being Champion!

Every day we offer three kinds of fresh fruit, a fresh vegetable and a canned fruit.

