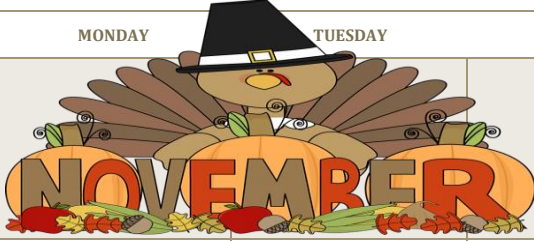





NOVEMBER 2018

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Quick Blueberry Bubble Bread Mandarin Oranges Fruit Juice Milk	2 Breakfast Pizza Sliced Peaches Fruit Juice Milk	3 	4
		5 Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Milk	6 Pancake on a Stick Fruit Cocktail Fruit Juice Milk	7 Biscuit & Gravy Grapes Fruit Juice Milk	8 Sausage Breakfast Sandwich Pineapple Chunks Fruit Juice Milk	9 Whole Grain Muffin Tropical Fruit Fruit Juice Milk
12 Mini Waffles with Syrup Fresh Pineapple Fruit Juice Milk	13 Star Spangled Pancakes Sausage Patty Bananas Fruit Juice Milk	14 Whole Wheat Bagel with Toppings Fresh Strawberries Fruit Juice Milk	15 Ham & Egg Breakfast Bar Sliced Pears Fruit Juice Milk	16 Whole Grain Cinnamon Roll Mandarin Oranges Fruit Juice Milk	17	18
19 Whole Grain Cereal Yogurt Cup Applesauce Fruit Juice Milk	20 Biscuit & Gravy Pineapple Chunks Fruit Juice Milk	21 NO SCHOOL	22 HAPPY THANKSGIVING	23 NO SCHOOL	24 	
26 Mini Waffles with Syrup Apricot Halves Fruit Juice Milk	27 Whole Grain Doughnuts Fresh Banana Fruit Juice Milk	28 Breakfast Pizza Peach Slices Fruit Juice Milk	29 Excellent Egg Taco with Tomato Sauce Graham Snacks Fresh Kiwi Fruit Juice Milk	30 Whole Grain Muffin Rosy Applesauce Fruit Juice Milk		
USDA is an equal opportunity provider and employer.		<p>NOTES: <i>What does respect look like?</i> Your youngster's daily dealing with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect. <i>Respectful replies:</i> Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but stills peak to each other with respect.</p>				