



**MSAD #45 - SCHOOL NUTRITION PROGRAM
ELEMENTARY BREAKFAST
NOVEMBER 2009**

NOVEMBER 2	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6
NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13
PANCAKES OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	CINNAMON ROLLS OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	 VETERAN'S DAY	VARIETY OF MUFFINS OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	BREAKFAST PIZZA OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK
NOVEMBER 16	NOVEMBER 17	NOVEMBER 18	NOVEMBER 19	NOVEMBER 20
PIZZA STICKS OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	FRENCH TOAST STICKS W SYRUP OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	BREAKFAST COMBOS OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	VARIETY OF MUFFINS OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	PANCAKES OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK
NOVEMBER 23	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27
EGG MCMUFFINS OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	PARENT/TEACHER CONFERENCE	VACATION DAY	THANKSGIVING DAY 	VACATION DAY
NOVEMBER 30	DECEMBER 1	DECEMBER 2	DECEMBER 3	DECEMBER 4
BELGIAN WAFFLE STICKS W SYRUP OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	EGG MCMUFFINS OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	SCRAMBLED EGGS W SAUSAGE OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	VARIETY OF MUFFINS OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK	FRENCH TOAST STICKS W SYRUP OR CHOICE OF CEREAL TOAST CHOICE OF JUICE LOW FAT WHITE MILK
<i>Menu subject to change</i>				