



Knox Trail & David Prouty Breakfast Menu: November 2018






All students will be offered the items listed below and will have the choice to choose at least 3 of the items listed; 1 choice must be 1 full serving of a fruit, vegetable or a combination of both. A student may opt to choose all menu items listed, but on a "choice of" day, students will be limited to one main entrée item. Menus are subject to change without notice due to item availability.
 *All meals meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010. Free/Reduced lunch applications may be submitted at any time throughout the school year.
 *Food allergies must be documented with the school nurse and the Food Service Director – please contact Food Service Director if student needs menu accommodations.

Student Breakfast: \$1.50

Additional Entrée: \$2.00

Milk Only: \$.60

Adult Breakfast: \$2.50

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Remember to pre-pay for meals, by visiting MySchoolBucks.com</p>		<p>BREAKFAST SERVED DAILY!</p>	<p>1. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>2. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>
<p>5. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>6. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>7. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>8. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>9. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>
<p>12. No School Today</p> 	<p>13. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>14. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>15. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>16. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>
<p>19. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>20. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>21. <u>½ Day of School</u> Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>22. Happy Thanksgiving!</p> 	<p>23. No School Today</p>
<p>26. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>27. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>28. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>29. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>	<p>30. Choice of: Bagel w/ Cream Cheese Muffin, Donut, Benefit Bar, Assorted Cereal, 100% Fruit Juice, Fresh or Chilled Fruit, and Milk Variety</p>