

# NOVEMBER | 2019



## Jefferson & Kennedy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk
4 Cinnamon Toast Crunch Cereal Raisins Apple Juice 1% White Milk	5 Cream Cheese Bagel Apple Orange Juice 1% White Milk	6 Apple Frudel Banana Grape Juice 1% White Milk	7 Cinni Mini Applesauce Cup Fruit Punch 1% White Milk	8 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk
11 Assorted Cereal Raisins Apple Juice 1% White Milk	12 Mini Waffles Peach Cup Orange Juice 1% White Milk	13 WG Breakfast Bar Banana Grape Juice 1% White Milk	14 WG Muffin Hard Boiled Egg Applesauce Cup Fruit Punch 1% White Milk	15 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk
18 Cheerios Raisins Apple Juice 1% White Milk	19 Grape Filled Croissant Mixed Berry Cup Orange Juice 1% White Milk	20 Cherry Frudel Banana Grape Juice 1% White Milk	21 Banana Bread Applesauce Cup Fruit Punch 1% White Milk	22 Cooks Choice Breakfast Craisins Assorted Juice 1% White Milk
25 RS Frosted Flakes Raisins Apple Juice 1% White Milk	26 Mini Pancakes Apple Orange Juice 1% White Milk	27 WG Chocolate Cherry Bar Craisins Assorted Juice 1% White Milk	28 NO SCHOOL	29 NO SCHOOL

### News

**Elementary Prices  
Free Breakfast In The  
Classroom**

**Foodservice reserves the  
right to change the menu  
without notice**

**Questions concerning the  
menu please contact  
Keri Carlson  
231-398-3695  
[kcarlson@manistee.org](mailto:kcarlson@manistee.org)**

**Free and Reduced lunch  
applications may be filled  
out online at  
[www.lunchapp.com](http://www.lunchapp.com)**

**Students must select 3  
items to be a complete  
breakfast. One item must  
be a fruit or a juice**