

# November 2017

## Four Rivers Charter School

### BREAKFAST



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Assorted Cereal  
Pumpkin Spice Bread  
Fresh Fruit  
Chilled Juice  
Milk

1

Assorted Cereal  
Whole Grain Muffin  
Fresh Fruit  
Chilled Juice  
Milk

2

Assorted Cereal  
Sweet Potato Cinnamon Roll  
Fresh Fruit  
Chilled Juice  
Milk

3

Assorted Cereal  
Apple Delight Breakfast Bar  
Fresh Banana  
Chilled Juice  
Milk

6

Assorted Cereal  
Bagel w/ Cream Cheese  
Assorted Fruit  
Chilled Juice  
Milk

7

Assorted Cereal  
Maple Burst Pancakes  
Assorted Fruit  
Chilled Juice  
Milk

8

Assorted Cereal  
'Ubr' Energy Bar  
Fresh Fruit  
Chilled Juice  
Milk

9

No School

10

Assorted Cereal  
Whole Grain Muffin  
Fresh Fruit  
Chilled Juice  
Milk

13

Assorted Cereal  
French Toast Sticks  
Assorted Fruit  
Chilled Juice  
Milk

14

Assorted Cereal  
Sweet Potato Cinnamon Roll  
Fresh Fruit  
Chilled Juice  
Milk

15

Assorted Cereal  
Fruit Delight Breakfast Bar  
Fresh Banana  
Chilled Juice  
Milk

16

Assorted Cereal  
Bagel w/ Cream Cheese  
Assorted Fruit  
Chilled Juice  
Milk

17

Assorted Cereal  
Banana Bread  
Fresh Fruit  
Chilled Juice  
Milk

20

Assorted Cereal  
Fruit Delight Breakfast Bar  
Fresh Banana  
Chilled Juice  
Milk

21

Assorted Cereal  
Bagel w/ Cream Cheese  
Assorted Fruit  
Chilled Juice  
Milk

22

No School

23

No School

24

Assorted Cereal  
Sweet Potato Cinnamon Roll  
Fresh Fruit  
Chilled Juice  
Milk

27

Assorted Cereal  
Fruit Delight Breakfast Bar  
Fresh Banana  
Chilled Juice  
Milk

28

Assorted Cereal  
Maple Burst Pancakes  
Assorted Fruit  
Chilled Juice  
Milk

29

Assorted Cereal  
Bagel w/ Cream Cheese  
Assorted Fruit  
Chilled Juice  
Milk

30

