







# Flossmoor Hills, Heather Hill & Serena Hills

## November 2018 Breakfast Express Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>November 1</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 2</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket
	<b>November 5</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 6</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 7</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 8</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 9</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket
	<b>November 12</b> NO SCHOOL <b>VETERANS DAY OBSERVED</b>	<b>November 13</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 14</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 15</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 16</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket
	<b>November 19</b> NO SCHOOL <b>PARENT/TEACHER CONFERENCE</b>	<b>November 20</b> NO SCHOOL <b>PARENT/TEACHER CONFERENCE</b>	<b>November 21</b> NO SCHOOL	<b>November 22</b> 	
	<b>November 26</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 27</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 28</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 29</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket	<b>November 30</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk Fresh Fruit Basket

**1% & Skim White Milk & Fat-Free Chocolate Milk Plus  
Fresh Fruit Basket Available Every Day**

\*=Whole-grain item  
 Non-cereal selection may be offered instead of cold cereal  
 Milk served with breakfast contains no artificial growth hormones or antibiotics  
 Menu is subject to change based on availability and quality of food items

### **Breakfast Buzz**

Each morning, stop by the cafeteria for a brain-boosting breakfast. Did you know that school breakfast provides important nutrients such as vitamins and minerals?

