






Parker Junior High November 2018 Breakfast Express Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|---|
|  | | | | November 1 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 2 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket |
|  | November 5 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 6 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 7 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 8 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 9 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket |
|  | November 12 NO SCHOOL VETERANS DAY OBSERVED | November 13 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 14 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 15 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 16 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket |
|  | November 19 NO SCHOOL PARENT/TEACHER CONFERENCE | November 20 NO SCHOOL PARENT/TEACHER CONFERENCE | November 21 NO SCHOOL | November 22  | November 23 |
|  | November 26 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 27 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 28 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 29 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Fruit Basket | November 30 Cold Cereal* 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?

