







Flossmoor Hills, Heather Hill & Serena Hills

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?

